

Ear Rinse Solution

Vinegar, Water, Salt, Boric Acid Solution

1/2 cup white vinegar

1/2 cup water

3/4 teaspoon table salt

1/4 teaspoon Boric acid (alternative is 325 mg aspirin tablet)

- Mix ingredients
- Warm in microwave for 20 seconds
- Allow to cool (do not use solution warm)
- Use ear syringe to rinse the ear with 2 ounces
- Dry the ear with a hair dryer on cool setting for 5 minutes
- Repeat as often as doctor suggests