

Alcohol/Vinegar Ear Flushes

Do not perform these ear flushes unless advised by your doctor.

What you will need for ear flushes:

- Rubber bulb syringe
- Container for mixing solution
- 70% Isopropyl (rubbing alcohol)
- White vinegar



How to prepare ear flushes:

1. Mix 2 cups of rubbing alcohol with 2 cups of white vinegar (50/50) in the container.
2. Leave the solution on the counter so it stays at room temperature.
3. Flush the ear repeatedly by squirting the solution in your ear several times. Most people do this over the sink with a towel on their shoulders.
4. After flushing, dry the ear with hair dryer at the lowest heat setting about 1 arms length away until the ear is dry.

How often to flush your ear:

1. For stubborn infections, your doctor may recommend flushing twice per day.
2. For patients prone to infection, your doctor may recommend flushing once a week or once a month.

Why flush your ear:

The alcohol dries the ear and kills both fungus and bacteria. The vinegar acidifies the ear making it a less hospitable place for bacteria and fungi to grow.

If your ear stings when you flush:

An inflamed ear may sting at first, but usually “toughens up” over time. If it continues to hurt, please discuss with your doctor.

If flushing makes you dizzy:

If the flush is not near your body temperature, you can have some dizziness. This is a normal physiologic response. If this happens, try warming the solution in a bath of warm water before flushing. Because alcohol is flammable, do not heat on a stove or microwave.

If your outer ear becomes dry or chapped:

Dab some baby oil on dry areas after flushing.