

Dry Ear Precautions

Dry ear precautions refers to keeping water out of your ear as much as possible during bathing, showering, or other water activities.

Keeping water out of the ear may help the ear heal after surgery, or while it is fighting a bacterial or fungal infection.

In addition to avoiding direct contact with water, please purchase a **new** bottle of Vaseline or Aquaphor (do not use the supply you have at home) and cotton balls at your local convenience store.



Saturate a piece of cotton ball in Vaseline/Aquaphor and place it on the outside of the ear as shown above. The Vaseline or Aquaphor will prevent water from penetrating into the ear. After your shower, simply remove the cotton ball and throw it away.

If you feel that some water has gotten into the ear, you can use a hairdryer at the lowest heat setting, 1 arms-length away from your ear, and blow warm air into the ear for 5 minutes until your ear is dry.

There are also ear drying devices available on Amazon that can help remove residual ear moisture if you prefer this option. Atlanta Otology is in no way affiliated with any of these devices. Examples are shown below.

