



IRRIGATIONS FOR EARS

You are asked to irrigate the ears when drainage is present or after water exposure if you think water got inside the ear canal.

EQUIPMENT

- Glass Jar
- Towel
- Bulb Syringe
- 3-Ounce Pan
- Cotton Ball

HOW TO PREPARE THE SOLUTION

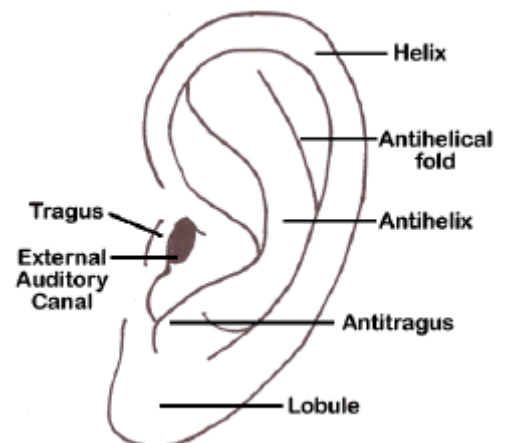
- 1) Make a 50/50 solution of white vinegar and previously boiled (clean) water.
- 2) Pour the desired amount of solution into the glass jar. (Usually 12-16 ounces.)
- 3) Place the jar into pan of warm water. Let the solution become warm (105 to 108 degrees Fahrenheit). If you do not have a thermometer, check the solution on the inside of your wrist. It should feel warm, but not hot.

HOW TO PREPARE YOUR CHILD FOR EAR IRRIGATION

- 1) If your child is old enough, explain what you are going to do.
- 2) If your child is too young to cooperate, sit him or her on someone's lap.
- 3) Place a towel across his or her shoulder to catch drips of solution.
- 4) Hold the pan under the ear and against the cheek.
- 5) An empty bathtub may be useful as a setting for irrigations; it might be messy.

HOW TO IRRIGATE THE EAR

- 1) Gently pull your child's external ear. For a child under 3 years old, gently pull down and back. For a child over 3 years old, gently pull up and back.
- 2) Let the syringe fill with the solution.
- 3) Place the tip of the syringe into the edge of the opening of the ear. **Do not** plug the ear opening. Aim for the **back** wall, not straight in.
- 4) **Vigorously** squeeze the bulb syringe and let the solution flow into and out of the ear to rinse out the ear canal.
- 5) Repeat the last three steps until the solution runs clear.
- 6) Gently tip your child's head so the remaining solution can run out of the ear. Then use a towel to dry the ear.
- 7) If ear drops are to be used, place three drops into the ear opening and let them run into the ear canal, then fold the tragus (the piece of cartilage in front of the ear canal) back over the ear canal to pump the drops down into the ear canal.
- 8) Praise your child for helping you.





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HOW TO CLEAN THE EQUIPMENT

- 1) Flush used solution down the toilet.
- 2) Wash the bulb syringe, glass jar and small pan in soapy water. Rinse and place them in the pan.
- 3) Cover items with water and bring to a boil.
- 4) Put a cover on the pan and boil the items for **10 minutes**.
- 5) Let cool. Drain out the water. Leave items in the covered pan until the next treatment.

Be sure to clean your equipment after treatment.

Ear, Nose & Throat

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