Cannizzaro
Integrative
Pediatric Center

Swimmer's Ear Prevention

- Mix vinegar and rubbing alcohol together in equal parts. These ingredients may prohibit the growth of bacteria in the outer ear, reducing the risk of swimmer's ear.

- To use, mix one part white vinegar with one part rubbing alcohol. Administer one teaspoon of this solution after swimming into each ear and then allow it to drain back out. Do not use if the eardrum is punctured.

- Use a blow dryer on low cool setting, 6 inches from the ear for one minute.