



## PREVENTION OF SWIMMER'S EAR (otitis externa)

Swimmer's ear is usually caused by a combination of prolonged exposure to heat and moisture - a long swim on a hot day. It is an infection of the ear canal. The symptoms include pain and itching of the ear after a period of prolonged swimming. The best way to deal with swimmer's ear is to prevent it from happening. If your child has had recurrent problems with swimmer's ear or if your child is in the water often, follow these steps:

Make a solution of **equal parts rubbing alcohol and white vinegar**. You can store it in a bottle that has a dropper. You should make a new solution every month because the alcohol will evaporate. **Put 3 drops in each ear at bedtime** on the days your child has been swimming. After putting the drops in the ear, gently move the ear to help the drops move deeper into the canal. Then allow the drops to drain out.

If there is intense pain, swelling of the ear canal or if the drops do not go into the ear canal easily, your doctor will need to check your child's ear.