

Michael J. Fucci, MD

*Specializing in Diseases
Of the Ear, Hearing,
Balance & Skull Base:
Adult & Pediatric*

*Fellowship Trained In
Neurotology & Skull Base
Surgery*

*Board Certified in
Subspecialty of Neurotology
by American Board
of Otolaryngology*

*Board Certified in
Otolaryngology by
American Board of
Otolaryngology*

*American Academy of
Otolaryngology -
Head & Neck Surgery*

American Medical Assoc.

American Neurotology Soc.

Ashleigh Lewkowitz, Au.D.
CCC-Audiology

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Arizona Hearing & Balance Center

INSTRUCTIONS FOR USE OF EAR WASH AND DROPS

Please fill the prescription you received at your local drugstore. Also, buy a 2 or 3 ounce ear syringe at the drugstore if you do not have one.

SOMEONE ELSE MUST WASH YOUR EAR FOR YOU. You cannot do it properly yourself. The instructions below should be followed very carefully.

1. Fill the ear syringe with the solution.
2. The solution must be body temperature. If the solution is too warm or too cool, you will feel dizzy. Warm the solution by placing the syringe in a pan of hot water; do not warm the solution on the stove as it can cause a fire.
3. Lie down with ear to be washed facing up, place a towel around the ear to protect the eyes. Pull up and out on the external ear. Place the tip of the ear syringe into the ear canal. Do not be afraid to push it down into the ear. If you do not get a return flow, the syringe is in too far.
4. Vigorously pump the warmed solution from the syringe back and forth into the ear by squeezing and releasing the bulb of the syringe. The ear wash must be forced back and forth, in and out of the ear canal. If you taste the wash, spit it out. If you swallow a small amount, it will not harm you.
5. Turn over and let the solution run out of the ear.
6. Put three warm drops of the ear drops into the ear.
7. There may be bleeding associated with an ear infection and subsequent burning with the use of the wash. If the solution burns too much at first, you may dilute it. Mix two ounces of water with two ounces of solution.
8. Use the wash and drops twice a day for two weeks and then as needed until the ear stops draining or becomes dry. If you are not sure that the ear is dry, check it by putting a Q-tip down into the ear canal. If the Q-tip comes out dry, stop using the wash and the drops. If the Q-tip is wet or there is an odor, continue using the wash and drops for four additional days.

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Do not use the wash and drops as long as the ear remains dry, is not draining, and as long as there is no odor. Should the ear start to drain after being dry for a period of time, start using the ear wash and drops until the ear is dry again.

DO NOT GET ANY WATER IN YOUR EARS. You should not go swimming until you are told you may do so. Whenever there is some chance of getting water in the ear, such as when you shower or wash your hair, use two pieces of cotton in the ear. First, place a dry piece of cotton in the ear, then place a second piece of cotton which has been saturated with Vaseline.

If you have any questions about any of these instructions, please call our office.

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RECIPE FOR BORIC ACID WASH

INGREDIENTS:

- (1) QUART RUBBING ALCOHOL 70%
- (1) BOX OR JAR OF BORIC ACID POWDER OR CRYSTALS
(You will **NOT** use the whole container of boric acid)

DIRECTIONS:

SLOWLY ADD BORIC ACID TO ALCOHOL , STIRRING MIXTURE UNTIL BORIC ACID WILL NO LONGER DISSOLVE.

SHAKE WELL BEFORE EACH USE AS SETTLING MAY OCCUR.