

Swimmer's Ear Drops



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Treatment drops can be made from a solution of half rubbing alcohol and half vinegar. The alcohol combines with water in the ear and then evaporates, removing the water, while the acidity of the vinegar keeps bacteria from growing. Mix the solution into an empty ear drop bottle and then apply 3-4 drops of the solution in each ear after swimming, bathing, or anytime water gets into the ear. Empty ear drop bottles can be found at most pharmacies or ordered online.

