

How to: Vinegar and Water Ear Rinse

How do I make the recipe?

1. Start with equal parts household **white** vinegar and tap or distilled water. For example, one cup of white vinegar combined with one cup of distilled or tap water. **Do not** use well water.
2. Mix these together. Mix fresh each day.
3. The solution should be as close to body temperature as possible to avoid dizziness when rinsing.

What are the steps for irrigating the ear?

1. Fill a syringe with the solution to 10 ml by pulling the plunger back while the tip is in the fluid.
2. Position the ear:
 - For children 2 years old and under:
 - Pull ear down and back.
 - For children over 2 years old:
 - Pull ear up and back.
3. Place the tip of the syringe with the filled angio catheter into the opening of the ear canal and **gently** press down on the plunger.
4. The solution will rinse into the canal and back out again. It is common to see mucus and crusty material in the solution that comes out of the canal.
5. If you are also using a prescription ear drop as part of your care; please wait 5-10 minutes; then place drops in ear as directed.



Disclaimer: This document contains information and/or instructional materials developed by University of Michigan Health for the typical patient with your condition. It may include links to online content that was not created by U-M Health and for which U-M Health does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan

Author: Jayson Greenberg MD

Edited by: Karelyn Munro, BA

Patient Education by [University of Michigan Health](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International Public License](#). Last Revised 07/2022