



SOUTHWEST OHIO

Jeffery S. Adam, M.D.
Stewart I. Adam, III, M.D.
Abdulla J. Adib, M.D.
Atul N. Balwally, M.D.
C. Michael Collins, M.D.

Wolfgang F. Dietz, M.D.
Adan A. Fuentes, D.O.
Robert A. Goldenberg, M.D.
Matthew R. Garrett, M.D.
Michael A. Helfferich, D.O.

Stefanie K. Horne, M.D.
Mahendra G. Patel, M.D.
Jerome C. Spiegel, M.D.
William J.D. Turner, M.D.

ENT SPECIALISTS

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Acetic Acid Wash

- You will need:** Sterile water (boil water for 20 minutes)
White vinegar
Bulb Syringe, available at any pharmacy
- How to mix:** Mix equal parts of sterile water and white vinegar
Be sure to warm solution to body's temperature, not room temperature.
You may warm it up in the microwave or under hot running water. Test solution on the inside of your wrist, making sure it's not too hot or cold.
Mixture is good for 24 hours
- Prep the ear:** Before irrigating the ear; pull the ear straight up and straight back to allow the mixture to flow in and out.
- How to use:** Douche ear with mixture three times per day.
Use a bulb syringe to irrigate ear.
After washing ear, dry out with towel.
Wait 30 minutes then use antibiotic ear drops as directed.

If you have any questions or concerns about this procedure; Please do not hesitate to contact our office.

Head & Neck Surgery • Ear, Nose, Throat & Sinus Surgery • Pediatric ENT • Voice Analysis & Rehabilitation

Main Location 1222 S. Patterson Blvd. Suite 400 Dayton, OH 45402 (937) 496-2600	Dayton Children's Office One Children's Plaza Lower Level/Area LC Dayton, OH 45404 937-496-2600	Centerville Office 6601 Centerville Business Pkwy, Ste. 200, Dayton, OH 45459 937-496-2600	Englewood Office 9000 N. Main Street, Suite 320 Dayton, Ohio 45415 937-496-2600	Greenville Office 1189 Wayne Ave. Greenville, Ohio 45331 937-496-26000
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