



DRY EAR PRECAUTIONS

It has been recommended that you practice dry ear precautions. This means that you should prevent as much water as possible from entering the ear canal during bathing, showering, swimming, or other water activities. Even tap water or water from a swimming pool can cause an ear infection.

There are several options available to help keep the ears dry:

- A piece of cotton soaked in mineral oil or Vaseline can be placed in the ear canal. Do not use cotton that has not been lubricated because it will absorb water and go directly into the ear canal. Use lubricated cotton only ***during*** water exposure and then discard the cotton when you are done.
- You may use solid or foam over-the-counter earplugs (Available in a pharmacy section). Avoid moldable “wax” for ear plugs when you have PET (Pressure Equalization Tubes) in place because this can plug the tube or cause the tube to come out. Use caution when removing any ear plugs. When removing plugs, make sure they are intact and that no small pieces remain in the ear.
- Custom plugs are available in our office. They are made of silicone and are covered in an antimicrobial coating. Insurance companies do not cover the cost of these plugs. If you choose this option, please notify the office and schedule an appointment with the audiologist. It takes approximately 30 minutes to make the plugs in the office.
- Most plugs do not prevent all water from entering the ear. The goal is to prevent water from rushing into the canal. A small amount of water in the external ear can sometimes be seen even with well-fit plugs.
- If water does get into the ear, observe for drainage and notify our office if that drainage is persistent. Please note, that not all water in the ear causes an infection or needs to be treated.