



EAR IRRIGATIONS

Your child has an ear infection. Bacteria (germs) cause pus to form in the ear. The pus in the ear canal must be washed out (irrigated) to help get rid of the infection (Picture 1). Sometimes the doctor will have you irrigate ears to remove earwax.

DOCTOR'S ORDER: Follow the directions that are checked below.

- Irrigate the **right** ear with _____ ounces of solution.
- Irrigate the **left** ear with _____ ounces of solution.
- Irrigate _____ times a day. Dry the outside of the ear and wait a minute for the water to drain out before putting the ear drops in.
- Put _____ drops of medicine in the **right** ear.
- Put _____ drops of medicine in the **left** ear.

_____ M.D.

YOU WILL NEED

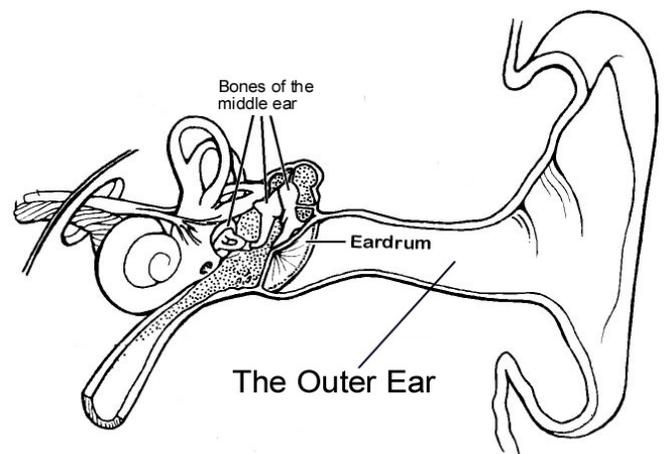
- | | | |
|---|---------------------------------------|--|
| <input type="checkbox"/> White vinegar | <input type="checkbox"/> Glass jar | <input type="checkbox"/> Towel |
| <input type="checkbox"/> Small plastic container | <input type="checkbox"/> Bulb syringe | <input type="checkbox"/> Cotton balls |
| <input type="checkbox"/> Medicine prescribed by your doctor | <input type="checkbox"/> Small pan | <input type="checkbox"/> Alcohol |
| | | <input type="checkbox"/> Water that has been boiled, then cooled to room temperature |

HOW TO PREPARE THE IRRIGATION SOLUTION

- In a small pan, make a mixture of 1/2 white vinegar and 1/2 boiled tap water.
- Let the solution cool.** It should feel lukewarm when a few drops are placed on the inside of your wrist.
- Make new solution each day. Throw away any unused solution.

BEFORE USING THE SOLUTION

- Pour the correct amount of solution into the clean glass jar.
- Warm the solution to a comfortable temperature. To check the temperature of the solution, put 2 drops of solution on the inside of your wrist. It should feel warm (not too hot or too cold).



Picture 1 The outer and middle ear.

HOW TO PREPARE THE CHILD

1. Explain to your child what will happen using words he or she can understand.
2. Depending on your child's age, let him or her stand up, sit on a chair, or lie down. If your child is too young to cooperate, have someone hold him on their lap.
3. Place towels over your child's shoulder to catch the solution that runs out of the ear.
4. Hold the pan or plastic container under the ear. Be careful not to let the solution splash into the child's eyes.

HOW TO IRRIGATE THE EAR

1. Gently hold your child's ear lobe. For a child under 3 years of age, gently pull **down** and back. For a child over 3 years, gently pull **up** and back (Picture 2).
2. Squeeze the bulb syringe. Place the tip of the bulb syringe into the solution. Release the bulb syringe and let it fill with the solution.
3. Place the tip of the syringe into the edge of the opening of the ear. (**Do not plug or close off the ear canal with the bulb syringe.**)
4. **Gently** squeeze the bulb syringe and let the solution flow into the ear and out into the pan or onto a towel.
5. Repeat these steps until the solution runs clear.
6. Gently dry the outside of the ear with a cotton ball.
7. Flush the used solution down the toilet.
8. Put ear drops in the child's ear **if ordered by the doctor** (see Doctor's Order on page 1). Follow directions in step 1 above for holding your child's ear open. Have your child lie still for a few minutes while the medicine coats the inside of the ear.
9. Praise your child for helping you.



Picture 2 Gently rinse out the ear.

HOW TO CLEAN THE EQUIPMENT

- To clean the bulb syringe, rinse it out twice with clean irrigating solution. Then wipe off the tip of the syringe with a cotton ball soaked in alcohol.
- The glass jar and pan can be washed in a dishwasher or with soapy water. Rinse and dry.
- Be sure to clean the equipment after each treatment.
- Store the medicine out of the reach of children.

If you have any questions, be sure to ask your doctor or nurse, or call _____.