

Ear drops

Ear Drops for Swimmers Ear

Island: **Tahiti**

A recent discussion in the FP Cruiser Facebook Page with a member looking for ear drops.

Making your own ear drops

A quick google search found a article by the Mayo Clinic —At-home preventive treatment. If you know you don't have a punctured eardrum, you can use homemade preventive eardrops before and after swimming. A mixture of 1 part white vinegar to 1 part rubbing alcohol may help promote drying and prevent the growth of bacteria and fungi that can cause swimmer's ear. Pour 1 teaspoon (about 5 milliliters) of the solution into each ear and let it drain back out. Similar over-the-counter solutions may be available at your drugstore

You can find isopropyl alcohol at some of the larger supermarkets, near where you find band aids, etc. It's a small bottle, 250 ml, labeled "Alcool pour l'hygiene cutanee". Hansaplast is one brand I found in a few shops and U has it's own [\[\] brand.very](#) common mix.. 50-50 white vinegar and rubbing alcohol.. as noted in a previous post

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