EAR CARE FOR SURFERS & SWIMMERS

The ocean water in California is cold and polluted of bacteria that don't belong in your ears! The cold ocean water stimulates a progressive build up of bone within the ear canal. This can become painful when skin and water trap debris and wax which cause plugging. Trapped bacteria and fungus in water can incubate in the warm ear canal. Here are some helpful hints to better care for your ears.

- 1. Avoid going in the ocean for a few days after a storm.
- 2. Before entering the water, put 3-4 drops of mineral or baby oil in your ears to leave a thin protective layer on your ear canal skin. Lie on your side with the treatment ear up for 2-3 minutes while pumping the oil in.
- 3. Protect your ears with ear plugs or a hoodie.
- 4. After water sports and showers use a blow dryer on low heat, back and forth over the ear for 60-80 seconds to evaporate the water. Drying is preferable to removing with Q tips or rubbing alcohol which remove normal oils that protect the skin.
- 5. Place a cotton ball tucked inside your ear canals prior to haircuts around the ears to prevent loose hairs getting your ears. Trapped hair ensnares wax and dead skin which can cause irritation and infection. Since the aerosol can also irritate canal skin.
- 6. Lastly but most important, DO NOT USE Q-TIPS OR OTHER OBJECTS TO SCRATCH OR CLEAN THE EAR CANALS. The ear is self cleaning. Normal wax is brought to the ear opening by the normal turn over and migration of skin from the ear drum and ear canal.



Ear & Balance Clinic 361 Hospital Road Suite 325 Newport Beach CA 92663 (949) 574-7744