Swimmers Ear Home Remedy:

1st Add a couple of drops of alcohol in the ear, this will help dry the ears of any excess fluids. This will warm the ears a little.

2nd After about a half hour! Get some “Sweet Oil” (You can get at most pharmacy’s or health food stores like Sprouts) I’ve also heard that extra virgin olive oil will do the same! Warm it up, think “baby’s milk warmth” put a couple of drops in the ear and put a cotton ball in to keep from any excess leaking out. Lay down on the opposite side to make sure it gets in the ear for a few minutes then drain and wipe any excess out! Feels good to the ears and provides good moisture!

Repeat a couple times per day, especially good before the swimmer goes to bed, helps with any discomfort!

Hope this helps! Always check with your child’s physician!