

Buy a bottle of isopropyl alcohol and dump about 1/3 into another container, refill with white vinegar. EVERY NIGHT take a capful and dump a small amount into one ear 3 times. Make sure you keep your chin up and head on the side so the mixture doesn't dribble into your mouth (it tastes awful!). Squeeze the ear lobe a couple times and rotate your head quickly to drain. One capful should be enough for 3 fills/ear (unless you have big ears like me). Your ears are naturally acidic to deter bacteria growth. The chlorine neutralizes this acidity and makes you susceptible to ear infection. Vinegar is a weak acid and will restore the ears' natural acidity and the alcohol will evaporate any residual water. I read this information printed in the health section Q/A published by another doctor. Once you get an ear infection it seems you are susceptible to future ones. I started getting ear aches in high school swimming and started using this technique. I haven't had an ear ache since, and I still use it every time I swim. This is much cheaper and more effective than the ear drops you buy at the pharmacy.

Coach Paul