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Mastoid and Chronic Ear Care

Instructions for Washing the Ear with Hydrogen Peroxide, Alcohol, and Boric Solutions

Equipment Needed

- One (1) quart of Hydrogen Peroxide
- One (1) quart of Alcohol and Boric Solution
- Two ounce ear & ulcer syringe (bulb)
- Small cup or container – about 4 oz.

Preparation: Make the Alcohol and Boric Solution by mixing one pint of 70% alcohol with one pint of Boric acid solution.

Note: The irrigations with both solutions will be more comfortable if the solutions are warmed to body temperature.

Directions:

1. Take the cup with one ounce of Hydrogen Peroxide in it and fill the bulb. Hold the cup under the ear being washed and squirt the Hydrogen Peroxide into the ear, letting the cup catch the washings. Refill the bulb with the same hydrogen peroxide and squirt into the ear again. Repeat this step six (6) times.
2. Take about one ounce of the Alcohol and Boric solution and do the same with the above mixture. Repeat this step six (6) times.
3. Next dry the ear well, taking the empty ear and ulcer syringe and blowing air into the air for several minutes or until the ear is dry.
4. If you are given ear drops to use, fill the ear canal. Lie down or incline your head for five (5) minutes, then let the medicine run out of the ear. Using the bulb again, dry the ear well.