



Dry Ear Precautions

It is extremely important that you keep the inside of your ear completely dry. The best way to do this is the following:

- Take a piece of cotton and roll it in Vaseline. Place this into your ear canal before showering, bathing, or being around any water. The Vaseline acts as a fatty barrier that does not allow any water to penetrate through. Do not use cotton that has not been lubricated with Vaseline because it will absorb water and go directly into the ear. Remove the cotton after you are done with the water exposure.
- Custom earplugs are available in our office. They are made of silicone and are covered in an antimicrobial coating. Insurance companies do not cover the cost of these plugs. If you choose this option, please notify the office and schedule an appointment with the audiologist. It takes approximately 30 minutes to make the earplugs.