



Vinegar and Alcohol Ear Drops

1. Mix one-half distilled white vinegar and one-half rubbing alcohol. You will need a small amount for each ear, but you can pre-mix a larger quantity and store at room temperature.
2. Draw up the solution into a dropper and place the tip at the entrance to the ear canal.
3. Gently allow three to four drops to fall into the ear canal.
4. Use after showering or other water exposure, or as directed by your physician.