



Lubbock
SINUS DOCTOR

Dry Ear Precautions

You should keep water out of your ears. Avoid swimming if possible. Avoid getting shower water in the ears and dunking your head underwater in the bathtub. If it is a temporary recommendation, you may use cotton balls with vaseline to plug the ear canals. Mack's earplugs may also work. They are sold at drug stores. If it is a long term recommendation, it is best to have custom fit ear plugs made. These are obtained through businesses that provide hearing aids. These are not a covered insurance benefit and usually cost over \$100.00. If you are going to still swim and it is necessary to follow long term dry ear precautions, you need to get the custom fit ear plugs. If it is not possible to afford these plugs, you could try Mack's earplugs and a swim cap to hold them in place.