**EAR WASH INSTRUCTIONS**

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Put 3 (three) drops of olive oil in each ear before bedtime. Put a piece of cotton in each ear and leave in all night. Then:

* Add one tablespoon of vinegar and one tablespoon of salt in a quart of BODY TEMPERATURE tap water.
* After filling a bulb syringe, lean your head over a sink and irrigate each ear.
* This may take ten to twelve irrigations for each ear. Once no further material is irrigated from the ear, stop and dry gently pressing on a towel over the ear. NOTHING, including Q-tips, should be placed in the ear canal itself. Your body temperature will naturally dry your ear canal.

If you have any questions regarding this procedure, please call the office at

532-0072.