



EAR, NOSE, THROAT, AND SINUS CLINIC

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EAR WASH

ONE CUP OF EACH OF THE FOLLOWING::

Water
White Vinegar
Alcohol

ONE TABLESPOON OF EACH OF THE FOLLOWING:

Hydrogen Peroxide
Salt

LEAVE MIXTURE AT ROOM TEMPERATURE

DOUCHE EARS EVERY 4-5 DAYS AND DRY WELL.