



## Swimmer's Ear Solution

Perhaps the most common medical issue afflicting swimmers is Swimmer's Ear, an outer ear infection. It is caused by excessive moisture in the outer ear, and can lead to a more serious inner ear infection and time away from practice if not treated.

The good news is that "Swimmer's Ear" can be prevented by using a simple solution. We want to help our athletes stay healthy and in the water - Below are some options you can use:

### ✓ **Prevention is Easy!**

#### **1. Use Ear-Drying Drops After Swimming**

- **Swim-EAR®**
- **Auro-Dri®**



Available at Amazon, CVS, Walgreens, Walmart, or online. A few drops after each swim can help dry the ears and reduce the risk of infection.

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#### **2. DIY At-Home Option:**

Mix: Ear tubes

- **1 part white vinegar**
- **1 part rubbing alcohol**

- 👉 Place 4–5 drops in each ear after swimming.
- 👉 Tilt the head to let it drain, then gently dry the ear.

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#### **⚠ Do not use if your swimmer has:**

- Ear tubes
- A ruptured eardrum
- An active ear infection

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💧 **Help prevent infections and keep your swimmer in the water all season long!**

#### **Disclaimer:**

This information is provided for general awareness only and is not a substitute for medical advice. Use of any ear-drying product or home remedy is at your own discretion. San Gabriel Aquatics is not responsible for any injuries or complications resulting from use. Please consult a doctor if you have concerns.