



# Prevent Swimmers Ear

Recipe to stop summer ear pain

Take a small jar

Add 1 oz rubbing alcohol

+

1 oz white vinegar.

After swimming

Put 3-4 drops

In both ears.

Use this everyday to

Keep the doctor away.

If your child

Complains of ear pain

Pay us a visit.

Swimmers with ear tubes:

Do not use the above recipe.

Lawrenceville Pediatrics

770-962-8025