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## Looking after your ears / Water Precautions:

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It is important to keep water out of the ears in some circumstances such as after grommets (ventilation tubes), eardrum perforation, ear infections, ear surgery etc.

*Your doctor has examined you today and advised that you keep your ears dry.* This is to prevent infection as water can carry germs and keep the ear moist. The worst water is bath water; even soap or shampoo can carry a large number of germs.

Different products can be used as earplugs such as:

Blu-Tack

Cotton wool plug covered in Vaseline

Ear Putty

Doc's Pro Plugs or Individually made swimmers ear plugs

Comfy's Ultrasoft Wax Earplugs available from Audioaid ([www.audioaid.com.au](http://www.audioaid.com.au))

**If you have an ear infection it is important you use a clean plug every day.**

These can be used when washing your hair. A shower cap is effective when showering. Special plugs may be required for regular swimming, example, Pro Plugs or individually made plugs. Most plugs are available from chemist shops. The more specialised or fitted plugs are provided by hearing services.

### **After ear surgery or perforated drum**

Do not swim until you have discussed with your doctor when it is safe to do so. Ask your doctor when activities such as diving or water skiing are recommended to recommence.

