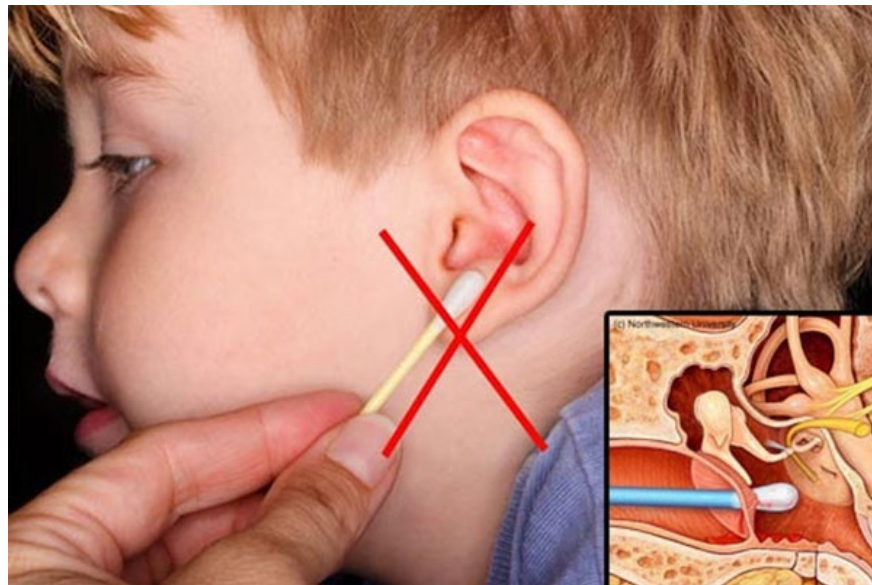


# Get water into your ear after swimming properly according to expert's instructions

Water is easy to flow into the ears when we bathe or go swimming to cause tinnitus, hearing loss and earache. If stagnant water in the ear for a long time can lead to ear infections, earwax and dirt. So, how is the right and safest way to get water into the ear?

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1. Memorize these 8 tips before going swimming to ensure your safety
2. What happens in the body when you hold your urine

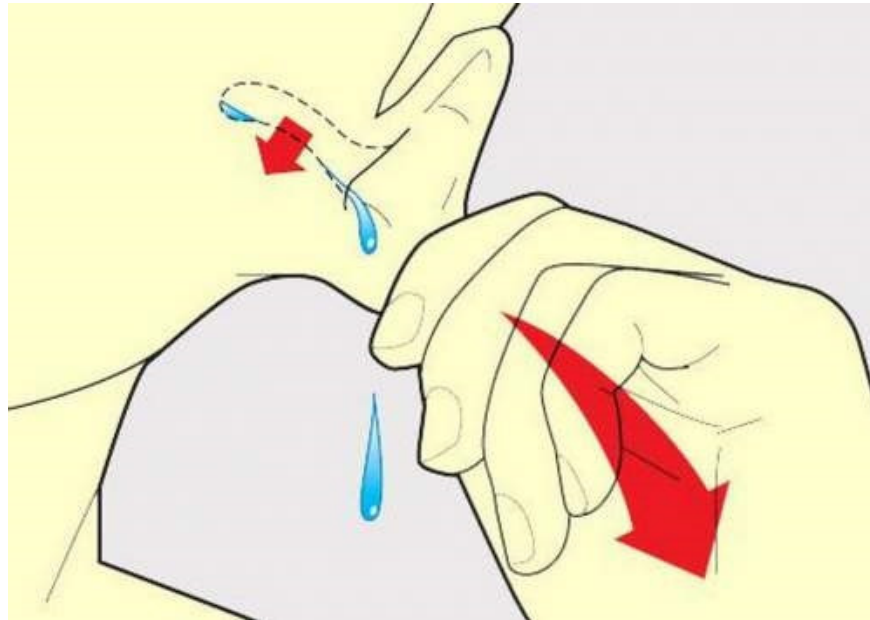


When water gets into the ear, we should not put foreign objects such as fingers, cotton swabs, or plants that use earwax into the ear canal, which can easily damage the lining. In addition, putting a cotton swab in the ear causes the earwax, bacteria, water . on the way out to be pushed back and deeper into the ear canal, increasing the risk of ear infections.

## Some ways to push water out of the ear after bathing or swimming

1. Tilt your head to one side with water and hop on one leg while your head is still tilted.

2. Tilt your head to one side then open and close the jaw as if yawning. Performing this action for a few minutes, water will flow from the ear canal.



1. Pull or pull the earlobe while tilting your head toward the water to make it easier to drain.
2. Lying on the side, pressing the ear with water stuck to the pillow for about 30 minutes will help remove standing water in the ear.
3. Apply warm cloth to the ear for about 30 seconds, perform about 4 or 5 times, each time separated by a minute.
4. Mix the solution of white vinegar and alcohol at a ratio of 1: 1. Small 3-4 drops of this solution or old oxygen water diluted with water into the ear. Alcohol helps to evaporate water and vinegar to prevent bacteria from growing, so after 30 seconds, you tilt your head to one side so that the excess solution will escape.

If you have done many ways in which the water in your ear still does not come out after many days, you should go to an ear, nose and throat doctor for help.

## **How to prevent water from entering the ears when bathing or swimming**



1. Outer ear canal button when bathing or swimming.
2. When bathing a child, let the baby's head tilt back slightly, pouring water gradually into each side of the head when washing to avoid water coming into the ear canal.

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