



## Facts About Swimmer's Ear



Swimmer's ear may develop when water, sand, dirt, or other debris gets into the ear canal. Since it often occurs when excess water enters the ear canal, a common name for this inflammation is "swimmer's ear." *If you have had swimmer's ear in the past, you are more likely to get it again.*

Swimmer's ear is an infection of the ear canal. In most cases, bacteria cause this infection in the thin layer of skin lining the canal. This causes the ear canal to look red and swollen; it may be narrower than normal and is tender. Swimmer's ear is also known as acute external otitis or otitis externa.

### Prevention

- If you swim or surf, **use earplugs** to keep water out of your ears. The Howard Leight AquaSeal® earplugs are specially designed to keep water out of your ears while you are swimming.
- Use a towel to **dry your ears well** after swimming, showering, shampooing or bathing.
- **Help the water run out of your ears** by turning your head to each side and pulling the earlobe in different directions.
- A **hair dryer** set on the lowest heat and speed can also help to dry ears. Be sure to hold it several inches from your ear.
- **Avoid swimming in polluted water.**

**Your ears' protective features work best when they are dry.** If your ear canals are exposed to excess moisture — for example, if you swim a lot — they're more likely to become infected. Earplugs are a convenient way to keep water out of the ear canal.

**How long does swimmer's ear last?** Symptoms are usually much better in 3 days. They should be completely gone in 10 days. If you're not better by then, seek the attention of a physician.

### Common Signs of Swimmer's Ear

- Pain or itching in the outer part of the ear (the pain is often worse when the ear moves, such as when you are chewing)
- Swelling of the ear
- A stuffy or plugged-up feeling in the affected ear
- Pus draining from the affected ear
- Decreased or muffled hearing



**Aqua Seal earplugs block water during swimming, water sports, or showering. Helps prevent swimmer's ear.**

- *Flange design offers a good seal to keep water out of the ear canal*
- *Easy to insert and remove*
- *Patented earplug design*
- *Thermoplastic Elastomer (TPE) is soft and comfortable*
- *Does not breakdown due to chlorine or salt exposure*
- *Bright, easy to find orange color*
- *Convenient carrying case*
- *Extra value 2-pair package*
- *Made in USA*