



**LOYOLA  
MEDICINE**

*We also treat the human spirit.®*

## **VASELINE COTTON PLUG**

The purpose of this Vaseline cotton plug is to keep water out of the ear. If you get water in your ear, it could be a source for an infection to develop. Do not use reusable earplugs.

### **SUPPLIES NEEDED: VASELINE AND COTTON BALLS**

1. Thoroughly coat one end of a cotton ball with Vaseline.
2. Put the coated end in toward the inside of your ear.
3. Now cover the outside of the cotton ball and your external ear with a generous portion of Vaseline. This should prevent water from getting in your ear.
4. Please call if you have any questions.

### **IMPORTANT NUMBERS:**

- (708) 216-9183- ENT Triage Nurse, Mon.-Fri., 9:00am- 4:00pm  
(708) 216-9000- ENT Resident on call after hours and weekends.