

Ear drops

Many divers complain about pain in their auditory canals during their diving holiday and have no idea how to deal with it. Every diver should therefore know something about this topic, so that a diving trip does not come to a premature and painful end.

Some divers regularly get painful inflammations of their auditory canals, especially when diving in warm water. And it is often self-inflicted: people often find earwax uncomfortable and like to remove it, although it actually represents a natural protective layer against infections. In addition, using cotton buds can occasionally cause the earwax to be pushed deeper into the auditory canal rather than removing it.

In fact, the most important method of preventing this is regularly rinsing the ears with pure, clean water after each dive. For this purpose you should use the same water that you drink rather than tap water, because the latter may be polluted in some countries. In addition, a bobble hat or the like should be worn as a protection against the wind when there is a bit of a breeze.



It is also possible to use "divers' ear drops", which are concocted from various mixtures. This is, however, not without controversy, because some of the possible ingredients themselves can irritate the skin in the auditory canal. It is mainly the alcohol added as a disinfectant that irritates the auditory canal, because it removes its oils and dries it out, making it more sensitive. It is better to use glacial acetic acid as one of the ingredients, which also acts as a disinfectant, but does not irritate or dry up the skin. Rather, it maintains the slightly acidic environment of the auditory canal. Still, experts disagree about the "correct" mixture.

What is also important is the care of the auditory canal after a treatment. One drop of olive oil (from the pharmacist) applied in the auditory canal on each side is for instance very suitable for this purpose. One mixture of "divers' ear drops" to buy at the pharmacist's is NORMISON® ear spray or drops.

However, it depends on each person whether or not care of the auditory canal is necessary and helpful.

It should finally be mentioned that medicinal products may also be used in case of an inflammation of the auditory canal. This is especially recommended if the diver is prone to such inflammation. The medication Panotile® Cipro with the antibiotic ciprofloxacin may be used for treatment. If you choose medication which is pain-relieving, you must not go diving, because the sensitivity towards the necessary pressure equalisation will adversely be affected.

Please note: The medicinal products mentioned in this text are marketed under the indicated trade names in Germany. They may vary in your respective country.