

if you have salt water trapped in your ear, there are several home remedies that you can try to remove it.

Here are some of the most effective methods:

1. **Jiggle your earlobe:** Gently tug or jiggle your earlobe while tilting your head downward toward your shoulder.
2. **Make gravity do the work:** Lie on your side for a few minutes, with your head on a towel, to absorb the water. The water may slowly drain out of your ear .
3. **Create a vacuum:** Tilt your head sideways, and rest your ear onto your cupped palm, creating a tight seal. Gently push your hand back and forth toward your ear in a rapid motion, flattening it as you push and cupping it as you pull away. Tilt your head down to allow the water to drain .
4. **Use a blow dryer:** The heat from a blow dryer may help evaporate the water inside your ear canal. Turn on your blow dryer to its lowest setting. Hold the hair dryer about a foot away from your ear and move it in a back-and-forth motion. While tugging down on your earlobe, let the warm air blow into your ear
5. **Try eardrops or sprays:** Over the counter (OTC) eardrops may help soften impacted earwax that may prevent water from exiting the ear. Some formulations may also repel water and reduce the chance of infection. Options may include alcohol-based eardrops, hydrogen-peroxide-based eardrops, including carbamide peroxide, oil-based eardrops, including olive oil or almond oil, and glycerol-based eardrops. However, do not use these methods if you have any of these conditions: a middle ear infection, a perforated eardrum, tympanostomy tubes (eardrum tubes), signs of injury or infection, such as pain, swelling, warmth, drainage, or bleeding from the ear
6. **Tea tree oil and olive oil:** Mix 1/4 teaspoon of tea tree oil with 3/4 teaspoon of olive oil. Stir the mixture well. Have the person lie down on their side with the affected ear facing up. Use your finger to gently push on the little flap of cartilage over the ear canal (the tragus) several times to help the drops go in. Use an ear dropper to drop 2-3 drops of the mixture into the ear. Keep the head tilted for a few minutes to allow the drops to penetrate the ear canal. Then, tilt the head to the other side to let the drops drain out .
7. **Alcohol and vinegar:** Mix equal parts (50-50) of rubbing alcohol and white vinegar in a small bowl. Use a dropper to put three to four drops of the

solution in your ear. Remain on your side for another 30 seconds. Tilt your head to allow all the fluid to run out of your ear .This solution can help dry out your ears and discourage the growth of bacteria or fungi inside the outer ear canal .

8. **Vinegar** you can use vinegar is as an ear drop for treating outer ear infections, also known as swimmer's ear. These infections are caused by bacteria, fungi, or viruses that enter the ear canal, usually after swimming or bathing. Vinegar has antimicrobial properties, meaning it can kill or inhibit the growth of these microorganisms However, it should only be used for mild outer ear infections, and only if you have an intact eardrum.