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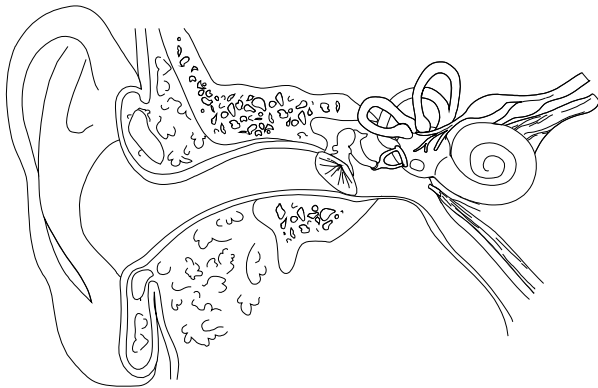
EAR, NOSE AND THROAT HEAD AND NECK SURGERY

SURFER'S EAR

Exostoses are small bony growths that occur in the ear canal in response to stimulation from cold water, usually from surfing in the ocean.

They are of no consequence until they slowly enlarge to the point where they interfere with the normal function of the ear canal. The bony growths can cause earwax to build up, retain water, cause infection, lie against the eardrum causing muffling, or obstruct the ear canal causing hearing loss.

The only prevention of exostoses is by the use of hi-quality ear plugs (available through our office) to keep the cold water out.



To prevent infection associated with exostoses, use 2-3 drops of a solution made up from one tablespoon white vinegar and one tablespoon rubbing alcohol in each ear after water exposure.

The only treatment of ear canal exostoses is by removal of the bony growths via an outpatient surgical procedure.