

You may have ear pain that you can't get rid of. Therefore, you are looking for some effective home remedies for ear pain.

Well, there are many home remedies for treating ear pain. Here are 6 home remedies for ear pain you can try.

- 1) Do you have olive oil? You can heat olive oil. Make sure the olive oil is warm, not hot. You don't want to hurt your ears with hot olive oil. Put a drop or two of warm olive oil in each ear.
- 2) If you have onions, you can also put 2 to 3 drops of onion juice in your ears.
- 3) You can put a cup of rice or salt in a large sock. After that, you can heat the sock in the microwave. Take out the sock and allow it to cool to a warm temperature. Make sure it is not hot but warm. Place the warm sock on the affected ear for 10 minutes.
- 4) You can also use a warm compress. Just like what you learned earlier, it should be warm, not hot. Place the warm compress next to your inflamed ears. Alternatively, you might want to use warm bottled water instead of using a warm compress.
- 5) Raise the mattress to help you clean the drain. However, do not use pillows to raise your head.
- 6) You may want to drink some water frequently. This can help open the Eustachian tube.

Ear pain at home SharpEar

Important!

Not all ear pain treatments are equal. Some work, others do not.

Click on the following link to visit our site and learn how to quickly and safely treat [SharpEar](#) pain.