

# What is SURFER'S EAR?

**Dr. Robert Scott, M.D.**

**President and Inventor of Doc's Proplugs**

The medical term for Surfer's Ear is exostosis which is a bone growth blocking the ear canal. The benign tumor is caused by irritation of the bone by cold water. Heat loss also occurs by evaporation when cold or warm air blows over wet skin even in the tropics.

A PROPLUG keeps a warm pocket of air in the canal blocking cold water and air out without loss of hearing and balance. The vent does not leak due to surface tension. A drop may often cover the outside of the vent giving the impression of water in the canal. Simply push on the plug and the drop falls off.

Without the shield of the PROPLUG, water can be impacted into the narrow stricture and is difficult to drain. If the PROPLUG falls out, water in the canal easily runs out. Most often a kayaker can leave the water hearing normally.

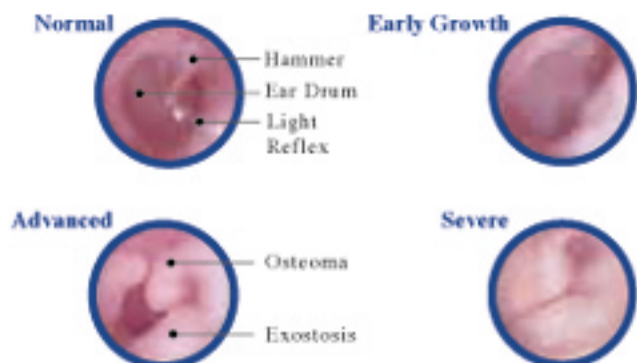
The PROPLUG prevents the excessive loss of earwax and the ear wax acts like an antibiotic and antifungal agent. Thus Swimmer's Ear complicating Surfer's Ear is avoided. DOC'S PROPLUG acts as a shield preventing impaction of water into the tight canal during a wipeout.

**OPERATION:** Only too often patients and surgeons resort to removal of the benign bony tumors by drilling and latest best technique, chiseling with micro chisels. Dr. Scott sees the

regrowth occurring three to six times faster after either technique. He uses a fiber-optic otoscope to survey thousands of surfers and kayakers. Most often the patient can hear if water is kept out using DOC'S PROPLUGS and occasional need to remove water with a tissue wick, bulb syringe suction, hair drier or two drops of alcohol. See an ENT for removal of wax. Most are ethical, skilled and patient. All of this is worth it if you can avoid an operation.

If it works, why fix it !! ... Doc Scott, M.D.

## Various Degrees of Exostosis in the human outer ear canal

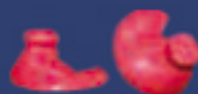


## DOC'S PROPLUGS

keep Dan in the water longer

...because they keep water out of his ears and can prevent serious ear problems. Some of the top water athletes in the world suffer from exostosis (surfer's ear), a condition which can lead to time spent out of the water, and on occasion, need surgery.

Available at your local kayak shop



Red, Vented Proplugs



Clear, Vented Proplugs

**"Prevents ear canal closure. Keeps cold water out, lets voice in."**



800.521.2982  
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Photo: Tanya Shuman

