

Ear Care for ear wax

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Ear wax is a naturally occurring substance in our ear canals.

A small amount of ear wax is normal and can be healthy, as it protects our ear canals from small scratches.

Genetics and age can cause certain people to accumulate enough more ear wax which can block the ear canal and can cause temporary hearing loss.

If you have a significant amount of ear wax accumulation, here are some things to try:

- Mix ½ parts lukewarm water and ½ parts hydrogen peroxide. Put this in an eye dropper (available at a pharmacy). Put 3 drops in your ear and then keep your ear facing the ceiling for about 5 minutes
- Repeat on the other side
- Either use a bulb syringe (available at a pharmacy) to flush each ear canal with lukewarm water **OR** have a shower or bath and get some warm water into your ear canal.
- Use a Kleenex wrapped around your pinky finger to gently remove any wax that has come out of your ear canal from this procedure
- Note: you may need to repeat this procedure several times before you notice any wax coming out of your ears
 - In cases of very dry wax, try the ear drops for a few days prior to using the syringe bulb to flush the ear
- We recommend this procedure a few times a month for patients with significant wax accumulation
- **Note:**
- In some cases, ear wax can get stuck quite deep in your ear canal and it will not come out on its own at home. If this is the case, it is important to visit your family physician or an ENT to arrange flushing of your ear canal. Your hearing care professional can also let you know if this is required by looking at your ear canal with a lighted otoscope.

Other options:

- **'Audiologists Choice'**

-Available through our clinic. Reasonably priced.



Comes with eardrops and syringe

Use same steps:

- 3 drops into ear
- keep ear up for 5 minutes
- rinse with lukewarm water using syringe bulb
- do other ear

- **'Murine Ear Wax Removal Kit'**. This comes with an eye dropper and a syringe bulb. It's available at many pharmacies.
- Follow the same steps as outlined above

DO's and DON'TS of ear canal care:

- **DO** protect your ears from anything sharp or pointy
- **DO** let warm water enter your ear canal when you're in the shower, it can loosen and release the wax on its own
- **DO NOT** use q-tips to clean out your ears. They can push the wax in deeper
- **DO NOT** have ear candling done. This is not recommended by the professional association in Audiology as it can cause harm (hot wax can burn the ear canal)