

Ear Wax Removal

At-Home Treatment

Symptoms or ear wax build up, or “impacted cerumen” can include :



- Muffled or decreased hearing
- Sensation of “fullness” in the ear
 - Itching of the ear
- Ringing in the ear, or “tinnitus”



These can occur in one, or both ears!

Call the clinic if you are experiencing ANY of the following symptoms:

- Fever
- Ear pain, or pain around the ear
- Drainage of thick fluid, or bleeding
- Swelling or redness in/around the ear
- Dizziness
- Persistent ringing in the ears



To prevent damage to the ear-drum and ear canal:

DO NOT put anything in your ear (including QTIPS, hairpins, paperclips)

DO NOT use ear candling



At-Home Treatment Steps

The following steps will help to soften wax in the ear canal and encourage it to drain out. If the wax is impacted (hard), it may require several days of treatment.

1. Put 2-4 drops of oil into the ear (mineral, baby, olive oil...any oil except motor oil)
2. Let the oil sit in the ear for 10-20 minutes
3. Rinse with warm water using a bulb syringe or with a gentle stream from a shower head
4. Repeat **1-2 x per day** for up to 4-5 days
5. If there is no improvement **after 5 days** of treatment, call the clinic

This regimen can be used 1-2 x per week as “maintenance” to prevent wax buildup

At home wax-removal can also be purchased over-the-counter at your drug store. Ensure to follow package instructions.

