



VALLEY ENT
EAR, NOSE, THROAT & ALLERGY

Instructions - Cerumen (Ear Wax)

Treatment Options:

Ear Wax Removal Drops: OTC (Over-the-Counter) Debrox Ear Drops as needed.

Ear Wax Softening and Removal at Home Instructions: Ok to rotate the oil and peroxide drops as needed

- Oil (Baby Oil, Mineral Oil, Olive Oil): This can also help prevent infection in your ear, as well as repel water out and soften wax.
 - o Warm some oil in a small bowl.
 - o Using a clean dropper, place 4-6 drops of the oil into the affected ear.
 - o Gently pull up on the ear and down on the ear lobe to work the drops into the ear canal while laying down on your side with the ear that is being treated facing up.
 - o After 10 minutes place a cotton ball in your ear. The oil should drain out.
 - o Treat the other side if needed.
- Hydrogen Peroxide: Hydrogen peroxide can help clear debris, earwax, bacteria, or trapped water from your ear.
 - o DON'T USE this method if you have any of these conditions: an outer ear infection, a perforated (hole) eardrum, tympanostomy tubes (eardrum tubes).
 - o Using a clean ear dropper, place three to four drops of hydrogen peroxide into the affected ear.
 - o Gently pull up on the ear and down on the ear lobe to work the drops into the ear canal while laying down on your side with the ear that is being treated facing up.
 - o Wait five minutes and then place a cotton ball in the ear and tilt the affected side downward, allowing the fluid to drain out.
 - o Treat the other side if needed.
 - o The drops will bubble and crackle in the ear canal but should not be painful.
 - o If any pain develops then immediately turn over on your side to drain the drops out. The pain will subside in a few minutes.

Ear lavage (rinse) at home Instructions with Alcohol and Vinegar Eardrops: This may help evaporate water in your ear, eliminate growth of bacteria, and decrease earwax build up.

- DON'T USE this method if you have any of these conditions: an outer ear infection, a perforated (hole) eardrum, tympanostomy tubes (eardrum tubes).
- Combine equal parts alcohol and vinegar into a sterile dropper by mixing 1/4 cup white vinegar with 1/4 cup rubbing alcohol

- Apply 4 drops of this solution into the affected ear canal
- Gently pull up on the ear and down on the ear lobe to work the drops into the ear canal while laying down on your side with the ear that is being treated facing up.
- Wait five minutes and then place a cotton ball in the ear and tilt the affected side downward, allowing the fluid to drain out. You may rinse the ear out with warm water while in the shower.
- Treat the other side if needed.
- Ok to do this once a week as needed.

Avoidance Measures:

Do not use common objects such as cotton swabs (Q-Tips) or other items inside ear canal to remove earwax on your own.

- This may cause harm to your ear or cause worsening impaction by pushing the wax further into the canal causing hearing loss, bacteria build up, puncturing your eardrum or infection.
- This can also dry the ear canal out leading to drainage, infections, or itchy ears.
- Q-tips or rolled up Kleenex should only stay outside the ear canal to dry or clean the ear.