

CERUMEN IMPACTIONS (EAR WAX)

Ear wax, or cerumen, is made by the glands in the skin of the ear canal. If it is made in excess or is very dry, a blockage or impaction may result. Q-Tips™ are usually not advised for ear cleaning. Instead, try the following: turn your head to one side and gently fill the ear canal with baby oil or mineral oil, using an eye dropper. Allow the oil to soak in for a minute or two before turning over and placing the oil in the opposite ear. Do this once or twice a day for three or four days. This will allow the wax to soften. For the next three or four days, gently fill the ear canals with 3% hydrogen peroxide in the same manner that you instilled the oil. Peroxide is available at your pharmacy or market and will usually bubble out the ear wax once it has become soft. If you have ventilating tubes in your ears, dilute the peroxide in half with water; discontinue it if you have any discomfort, dizziness or drainage.

For stubborn ear impactions, it may be necessary to continue the oil and peroxide for a few weeks or have it removed by your doctor. People who are frequently troubled by wax impactions may want to use the oil and peroxide on a monthly basis.

If you have any further questions, do not hesitate to ask us.