

EXCESS EAR WAX OR HYPERCERUMINOSIS

- ◆ Mix hydrogen peroxide and rubbing alcohol (isopropyl alcohol) in a 1:1 mixture.
- ◆ Apply 5 drops to each ear approximately 10 minutes before showering.
- ◆ In the shower, allow water to enter each ear canal to flush each ear.
- ◆ When out of the shower, use a towel to dry the outside of the ear.
- ◆ DO NOT USE Q-Tips!! This may impact the loosened wax even further.
- ◆ Dry the ear canal by holding a hair dryer, on a low setting, approximately 6 inches from the ear.
- ◆ For an acute impaction, do this daily for one week.
- ◆ For maintenance, do this one to two times per week.

The approximate time interval between follow-up visits for earwax cleaning varies depending upon the rate of re-accumulation. (circle one)

3 months

6 months

12 months

Caution: Do not use these methods if you have a perforated ear drum or ear tubes.

Commercially available products: Murine Ear Wax Removal System, Cerumenex, Bausch and Lomb and many others.

