

## EAST VALLEY ENT

- ❑ Once a week, apply a light coating of baby oil to both ear canals using a fingertip or a cotton swab. We recommend using this technique before bedtime and the day before changing your bed sheets as some oil may drip onto the linens.
- ❑ Using a 1:1 fluid mixture of hydrogen peroxide and water OR a 1:1 mixture of rubbing alcohol and white vinegar (acetic acid) → gently flush / irrigate both ear canals with a rubber bulb syringe. Flushing the ear canals every few weeks will often clean the ear and prevent wax impaction.
- ❑ If either of the above home remedies does not work to relieve symptoms, then an over-the-counter wax removal kit may be beneficial. Patients still having trouble despite these maneuvers should come see East Valley ENT for wax removal at regular time intervals.

---

## **EAR WAX MAINTNANCE**