

CENTRAL OHIO EAR, NOSE AND THROAT, INC.

**41 COMMERCE PARK DR.
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CERUMEN IMPACTIONS

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 eyedropper. 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 earwax once it has become soft.

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.

Do not use any irrigations or medicines in your ears if you have ventilation tubes.

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