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EAR CARE

General information:

- ◆ Everyone produces ear wax.
- ◆ Some patients have difficulty clearing ear wax; this is normal, especially as we age.
- ◆ Cotton swabs only push ear wax further into the ear canal, making it more difficult to clear.
- ◆ Patients with hearing aids can have more difficulty with ear wax impaction.

Instructions/recommendations:

- ◆ Avoid cotton swabs at all costs.
- ◆ 3-4 drops of mineral oil in both ears once per week will soften the ear wax.
- ◆ Use an infant eye dropper to administer the ear drops.
- ◆ Allow the mineral oil to penetrate the wax for 5-10 minutes.
- ◆ Allow warm shower water to rinse the now soft wax out of your ear.
- ◆ Our office is always available to help with ear wax maintenance.