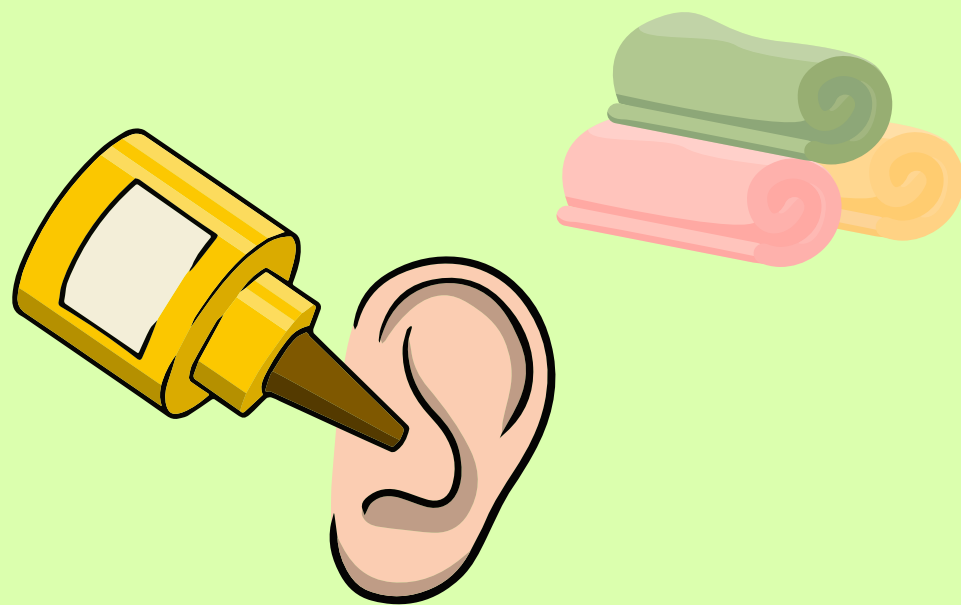


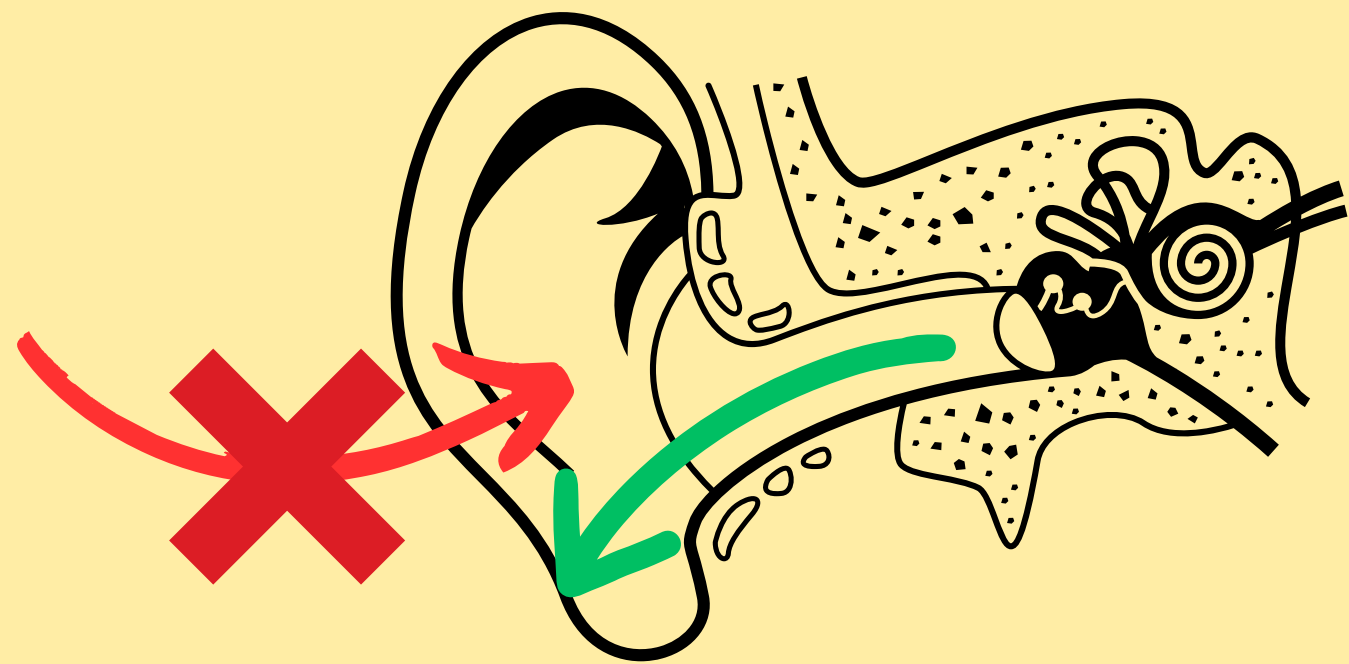
HOW TO CLEAN YOUR EARS

Safe Ear Cleaning

- Wax softening ear drops:
 - Hydrogen peroxide
 - Vinegar/acetic acid
 - Saline
 - Sodium bicarbonate
 - Mineral oil
 - ***Do not use drops if allergic reactions or irritation occurs
- Gently cleaning the external ear with soap, water, and a cloth
- Contacting your doctor if you believe your hearing has decreased recently or over time



Do NOT Use Q-Tips



The skin in your ear **naturally migrates outwards** carrying wax with it. Putting anything solid deep inside the ear pushes debris back inside and makes it harder to get out.

Ears are self cleaning so you likely do not need to clean them regularly

Avoid

- Inserting anything into the ear: you can push wax further in or puncture your ear drum
- Ear candling: is ineffective and can cause burns
- Olive oil drops or spray: not shown to have any benefits

Disclaimer: Med Ed Materials, 2023.

This information is intended to supplement, not contradict, the medical advice of your practitioner. For questions or more info, contact your practitioner.



Sources:

<https://www.aafp.org/pubs/afp/issues/2018/1015/p525.html>

<https://www.bbc.com/news/health-26527266>