

DRS. GEHRIS, JORDAN, DAY & ASSOCIATES, LLC

Head and Neck Surgery . Ear, Nose and Throat Surgery . Facial Plastic & Reconstructive Surgery

Otolaryngology – Head and Neck Surgery

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EAR WAX INSTRUCTIONS

The build-up of ear wax (cerumen) can cause diminished hearing, itching, ringing in the ears, dizziness, and may even lead to an infection of the ear canal. In order to prevent ear wax from building up so quickly, the following ear irrigation procedure should be performed once a month.

1. Mix a solution of half hydrogen peroxide and half rubbing alcohol (70%).
2. Lie on your side or tilt your head to the side. Fill the ear canal with the solution using a small bulb syringe. Let the solution remain in your ear canal for three minutes, then flush it out.
3. See your Ear, Nose and Throat care provider every 3 to 6 months for professional ear cleaning or any time that you feel your ear is getting clogged with wax build-up.

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