



PATIENT INFORMATION

Ways to Help Reduce Earwax Buildup

HELPFUL PREVENTION CHOICES

Rubbing alcohol or hydrogen peroxide drops or irrigation

Earwax softening drops/agents

Irrigation with bulb syringe or irrigation kits

Checking of the ear canal for earwax by clinician in hearing aid users

Physically removing earwax by health care provider

NOT ADVISED

Daily olive oil drops or sprays

Ear Candling

Putting any objects in the ears (i.e. cotton-tipped swaps; pens/pen tops; paper clips)

SOURCE: Adapted from Schwartz SR, Magit AE, Rosenfeld RM, et al. Clinical Practice Guideline (Update): Earwax (Cerumen Impaction). *Otolaryngol Head Neck Surg.* 2017;156(1_suppl):S1-S29.



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