## 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)