



## 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.



AMERICAN ACADEMY OF  
OTOLARYNGOLOGY-  
HEAD AND NECK SURGERY

FOUNDATION

[www.entnet.org](http://www.entnet.org)

#### ABOUT THE AAO-HNS/F

The American Academy of Otolaryngology-Head and Neck Surgery ([www.entnet.org](http://www.entnet.org)), one of the oldest medical associations in the nation, represents about 12,000 physicians and allied health professionals who specialize in the diagnosis and treatment of disorders of the ears, nose, throat and related structures of the head and neck. The Academy serves its members by facilitating the advancement of the science and art of medicine related to otolaryngology and by representing the specialty in governmental and socioeconomic issues. The AAO-HNS Foundation works to advance the art, science, and ethical practice of otolaryngology-head and neck surgery through education, research, and lifelong learning. The organization's vision: "Empowering otolaryngology-head and neck surgeons to deliver the best patient care."