



Ear Irrigation For Earwax Build-Up

The solution is equal parts of hydrogen peroxide and distilled water, 4-8oz of each. If distilled water is not accessible, cooled-boiled water may be used as well. Be sure that the water is as close to body temperature as possible (98.6). If the water is too hot or too cold, it can cause dizziness and vomiting.

Directions

1. Mix the solution and draw it up in a bulb syringe.
2. Tilt the patients head toward the opposite ear that is getting irrigated. Place the tip gently in the outside of the ear canal. Alternate squeezing the solution gently in the ear and tilting the head to let it drain back out, until solution is gone. This typically works best during bath or shower time.
3. After the draining ear has been flushed out, utilizing a Q-tip or gauze to clean the outer surface area of the ear is permissible. (DO NOT PUSH THE Q-TIP INSIDE THE EAR CANAL)

If the patient has tubes and is actively draining, proceed to steps 4&5

4. When the ear is dry, place the antibiotic drops into the ear (4-5drops each side).
5. After the drops are in the ear, gently pump the tragus (the cartilage in front of the ear) to massage the drops into the canal and behind the ear drum.

For wax build-up maintenance:

Follow steps 1-3 about 1-2 times per month, as needed.