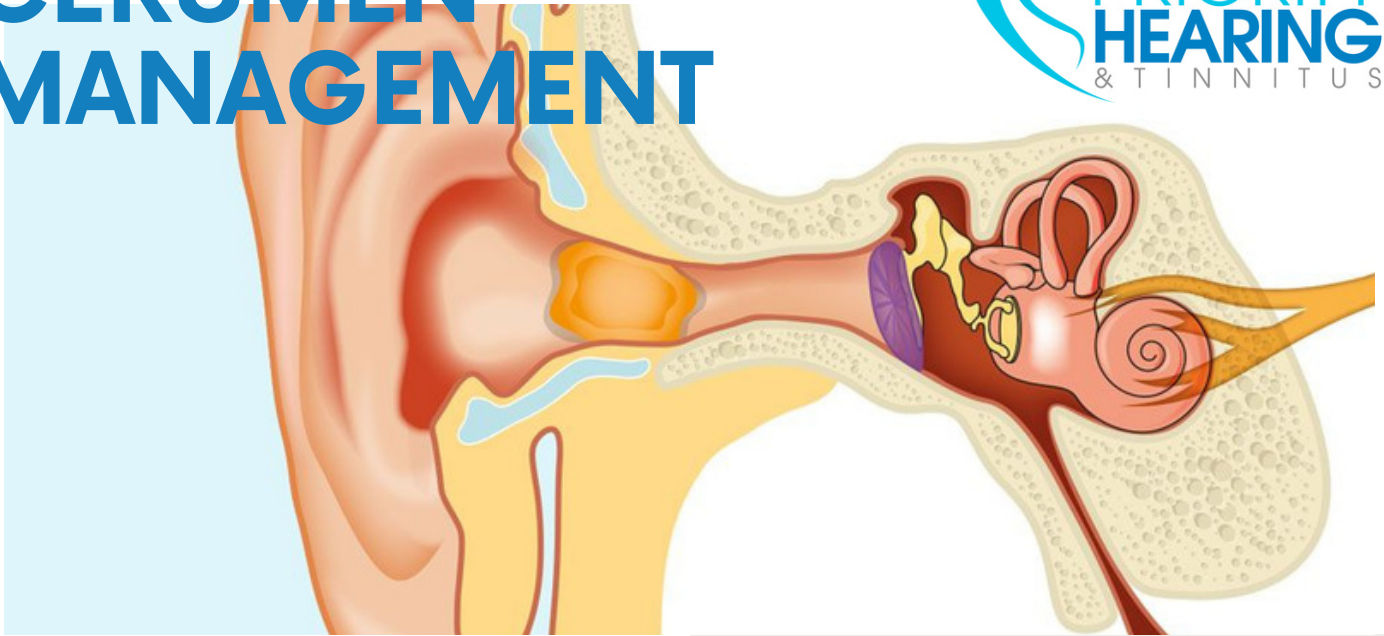


CERUMEN MANAGEMENT



WHAT IS CERUMEN AND WHY DO I HAVE IT?

Also known as earwax, cerumen is produced by our ears to protect and moisturize the inner surfaces. Most of the time, ears are self-cleaning; however, earwax can become built up in the ear to form a blockage. This kind of blockage can cause earaches, pressure, fullness, a plugged sensation, changes in hearing, tinnitus, and itching among other symptoms. There are many misleading advertisements for tools and at-home remedies that can cause damage to the ears. It is best to not place any items in the ears and try some of our safer suggested methods of cleaning.

HOW IS CERUMEN REMOVED AT HOME?

IMPORTANT: IF YOU CURRENTLY HAVE OR SUSPECT YOU MAY HAVE A HOLE OR TUBES IN YOUR EARDRUMS, CONSULT A DOCTOR BEFORE PLACING ANY LIQUIDS IN THE EARS.

DO

- Gently clean the outer portion of your ears with a damp washcloth
- Use commercially available wax drops according to package instructions **OR**
- Use drops of mineral oil, baby oil, or diluted hydrogen peroxide (1:1)
- Flush the ears using room temperature water or saline with a bulb syringe

DO NOT

- Use cotton swabs, hair pins, keys, toothpicks, ear candles, or any other items or tools

WHEN SHOULD I SEE A PROFESSIONAL?

The team at Priority Hearing & Tinnitus is happy to assist with a cerumen evaluation and treatment appointment when at-home options are not satisfactory or effective. We have training in cerumen management and access to multiple methods of removing cerumen including dedicated tools such as video otoscopy, curettes, and forceps as well as a professional lavage system.