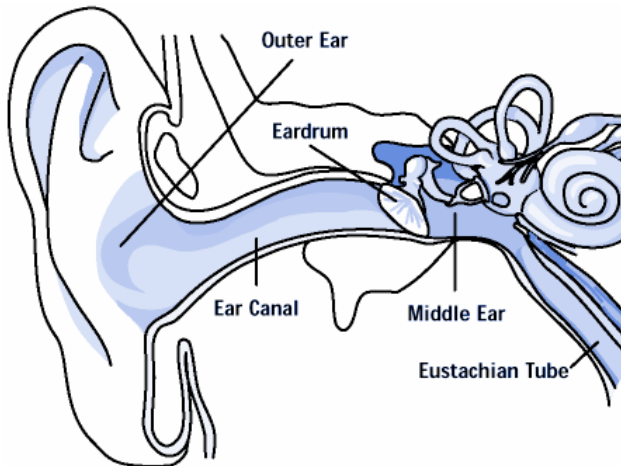


EARWAX

You got this handout to help you keep your ears clean and healthy. Probably wax has been “clogging-up” your ears for a while. You may have noticed water won’t come out of your ear after swimming or bathing for quite some time.

To get rid of wax when it is annoying or itching DON’T use a Q-tip, rather put a few drops of white vinegar in the ear canal every day for a week. You could use a dropper or just pour it from the cap of the vinegar bottle. You should notice some wax coming out. If it doesn’t clear up in one week, try using the drops another seven days. If it still doesn’t clear up or if it starts hurting: come back here or to an ENT doctor where specialized instruments or gentle ear washes can get the wax out.



All ears produce wax. Some people make more than others. Wax moves dirt, bugs and other things out of the ear canal. Earwax moves out of your ear canal naturally. It is cilia that should move the wax all the way out of the ear canal, even the wax produced deep by the eardrum.

Once your ear is healthy you will not need to do anything to your ears to keep them clean other than regular bathing using nothing on

your ears bigger than your God-given fingers! Most importantly you should not put Q-tips or other objects in your ear canal. People that use Q-tips might see some wax on the Q-tip but they also push some wax deeper in AND most importantly damage cilia which now will be unable to move the wax out until they repair themselves. Don't use those earwax candles either, they could damage the eardrum.

Once the ear is entirely clean, then maintain the cleanliness simply by letting water run into your ear every time you bathe.

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