



MICHIGAN PEDIATRIC
EAR, NOSE, AND THROAT ASSOCIATES

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Ear Wax Fact Sheet

What Is It?

In the outer part of the ear canal, cells normally produce a wax called cerumen that traps particles of dust/dirt and has an antibacterial property. The wax also repels water, protecting the delicate eardrum from damage. The wax is moved outward gradually by the lining of the ear canal, carrying any dirt it has trapped. Eventually, the wax dries and falls out of the ear in small, unnoticeable flakes.

Normal production of earwax is healthy and good for your child's ears. If too much wax is being produced, it can block the ear, but on occasion, the ear becomes blocked because of improper ear care and ear cleaning. If you or your child pushes cotton swabs, pencils, your finger or other objects into the ear canal to try to remove wax, the force can push the wax further into the ear and compress it against the eardrum. Earwax blockage, also called cerumen impaction, is a common cause of temporary hearing loss.

Symptoms

Your child's ear may feel stuffed or full, similar to the feeling some people get when they travel by airplane. Your child may have hearing loss that gradually worsens. Some people also experience earache, itching, or ringing in the ear (tinnitus).

Treatment

Impaction:

Mix 1/2 Hydrogen Peroxide with ½ Water, Place 5 drops in affected ear twice a day for 1 month
Place 5 drops baby or mineral oil to affected ear twice a day for 1 month.

Maintenance: Do prior to bathing/showering

Mix 1/2 Hydrogen Peroxide with ½ Water, Place 5 drops both ears once a week
Place 5 drops baby or mineral oil to both ears once a week on different day than the hydrogen peroxide.

Tips: When instilling the drops have patient lie down with ear up to the ceiling, place drops in ear, have patient continue to lie in position for 1-2 minutes the repeat on other side.

Reminder: DO NOT place anything larger than your elbow in your ear that means NO Q-TIPS!!!

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