

Ear Syringing/Flushing – Ear Wax Removal

What is earwax and earwax impaction?

- Earwax helps protect the insides of the ears and prevents injury or infection.
- Earwax impaction is when earwax builds up enough to cause symptoms, such as trouble hearing, pain in the ear, hearing a ringing noise in the ear, feeling like the ear is plugged or blocked

Can I treat earwax build-up at home?

Yes, but only if you do NOT have a history of a hole in your ear drum, tubes in your ears, or ear surgery. If you have a history of any of the above, please book an appointment with your healthcare provider.

What NOT to do

NEVER use Q-tips or other small objects to scratch the ear canal as they may push wax further into the canal and/or damage the eardrum. This can make ears harder to clear as Q-tips impact the wax and interfere with your body's way of slowly moving the wax along the canal.

How can I do to remove impacted earwax?

1. Start with oil twice a day for 7 days
 - Mineral or olive oil is best
 - Lie down with your affected ear up
 - Put 2 – 4 drops in & lay there for 5 – 7 minutes - this lets the oil get deep into the ear canal.



Done early enough this often works by itself without any further steps. You can also use a bulb syringe (purchased at any pharmacy) to help encourage the wax along!

2. Ears still full of wax? If the oil did not do the trick, there are ear syringing kits you can purchase that are highly effective. Here are some of our favourites: Murine Ear Wax Removal System and NeilMed Clearcanal. Both of these products can be purchased at your local drug store.



**** We are happy to discuss how easy this can be at your next appointment ☺ ****