

OVER THE COUNTER EAR REMEDIES

For itchy ears:

- Hydrocortisone 1%

Place a small amount onto the tip of your clean finger and rub into the outer opening of your ear canal. You may use up to twice per day for itchy ears.

To safely manage ear wax:

- Mineral Oil drops

Use 3 to 5 drops of mineral oil in each ear once a week to soften earwax & prevent buildup. If you have your ears cleaned routinely by our ear specialist, it can be helpful to use the mineral oil starting 5 days before your appointment.

Half strength peroxide

1. Mix a solution of $\frac{1}{2}$ distilled water and $\frac{1}{2}$ hydrogen peroxide in a clean container.
2. Soak a cotton ball in the hydrogen peroxide and water solution.
3. Place a towel under your head and lie down on your side. Squeeze the solution out of the cotton ball above the opening of your ear until about 8 to 12 drops have trickled down inside the ear canal.
4. Allow the solution to soak in the ear canal for about 10 minutes. It is normal to experience a bubbling and fizzling sounds as the hydrogen peroxide interacts with the wax.
5. Turnover and allow the solution to drain from the ear canal. Repeat steps 1-4 for the other ear.

Peroxide is used to soften and break down ear wax. It is safe to use once or twice a month. Overuse can lead to breakdown of the skin of the ear canal, inflammation and infection.