



 Please call 911 if you think you have a medical emergency.

E a r w a x T r e a t m e n t

S e l f - C a r e a t H o m e

You may try a few earwax removal methods at home unless you have a perforation (hole) or tubes in your eardrum.

- Over-the-counter wax softening drops such as Debrox and Murine or warmed mineral oil may be put into the affected ear and then allowed to drain out after about 5 minutes.
- A bulb-type syringe may be used to gently flush the ear with warm water. Ear-Clear is a warm-water irrigation device that is available online for about \$25-\$30. It is very important not to use forced water such as a Water Pik, because this may cause damage to the eardrum.
- Ear candling is not recommended. It is a hollow cone made of paraffin and beeswax with cloth on the tapered end. The tapered end is placed inside the ear, and an assistant lights the other end, while making sure your hair does not catch on fire. In theory, as the flame burns, a vacuum is created, which draws the wax out of the ear. Limited clinical trials, however, showed that no vacuum was created, and no wax was removed. Furthermore, this practice may result in serious injury.

M e d i c a l T r e a t m e n t

The doctor may remove your earwax with a small plastic spoon called a curette, or by irrigating your ear with warmed water, sodium bicarbonate, or other prescription-strength eardrops.

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For more information, read the complete article, Earwax

(<http://www.emedicinehealth.com/script/main/art.asp?articlekey=58792>) on <http://www.emedicinehealth.com>.

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This information is not intended to replace the advice of a doctor.

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