

- Do not use any kind of home remedies to get rid of earwax, as it may put you at a greater risk of infections or damage to the ears.
- Never put any kind of oil, including warm oil into the ears, especially into children's ears. They may infect the ears.
- Never use any online marketed tools to clean your ears

*Wax in your ears, is like tears
in your eyes.*

*You need not clean the wax to
keep your ears clean.*

Did you know that Cleaning your ears is actually **NOT SAFE?**



CONTACT US



DEPARTMENT OF PREVENTION OF COMMUNICATION DISORDERS

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Earwax, or cerumen, is a normal and naturally occurring substance that helps our ears stay healthy. Earwax helps to prevent debris, dirt, and even germs from entering the ear canal. Since ears have a mechanism to regularly clean themselves of earwax and accumulated debris, it is not recommended to try to clean the ears ourselves using earbuds, pins or any other sharp objects.

Ear wax protects the ear by:

- Trapping dust, bacteria, other germs, and small objects and preventing them from entering and damaging the ear.
- Protecting the delicate skin of the ear canal from irritation when water enters the canal.
- Reducing the risk of infected outer ears by protecting the skin from becoming itchy and flaky.

Do's

- If you get a build-up of ear wax that is causing you problems (like pain/discomfort /itching), visit your nearest ENT doctor (or a General physician in case the ENT doctor is unavailable) to get it removed.



Don'ts

- Do not insert Q-tips or cotton buds
- Do not insert paper clips
- Do not use bobby pins or other pointed objects to clean your ears. This puts you at risk of damaging your ear canal or eardrum, or of pushing earwax deeper inside making it hard and impacted. Once eardrum is torn or damaged, it is impossible to bring back to its original stage even through surgical procedures.

