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Cerumen Removal/Prevention

Steps to prevent build up of ear wax:

The mineral oil will help to soften or dissolve ear wax.

1. Obtain mineral oil from store.
2. Warm about 2-3 tablespoons of mineral oil a little above body temperature.
3. Fill an eye dropper with the warm oil.
4. Lie on your side, with the ear to be de-waxed up.
5. Drop a few drops of warm oil into the ear.
6. Lie still for about 5-10 minutes.
7. Get up and allow oil to run out of ear canal.

Do this procedure as directed by physician. This will soften the wax and may even dissolve it completely.