Regional Health Center, Inc

Ear Wax Removal Techniques

Use a Vitamin E capsule, and put a few drops in ear.
Massage gently the outside of the ear. Do this daily for one week.
Create a mixture of 2/3 cup hydrogen peroxide and 1/3 cup water. Using a nasal syringe, gently direct mixture into the ear canal and let drain out. Do not try to suck the liquid out of the ear canal. Continue to do this very gently until all the liquid is gone

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