

1

infection

Cleaning your ears can be extremely dangerous, **do not** use this method schedule a medical appointment immediately

- Vomiting or diarrhea.
- Green or yellow

2

Make your own wax solution.

carbamide peroxide solution make your own. Combine warm water with the following

- hydrogen peroxide solution
- mineral oil
- glycerin

simply pour into your applicator

Use a large syringe

- Fill with the solution. more than halfway full.

4 Tilt your head to the side.

process will work better if your canal is as close to vertical as possible. face upward.

- Lie down on your side put some towels under to catch any excess

5 Slowly put into you

position the end a few inches above canal, squeeze.

- you may hear a popping sound. this is totally normal
- ask another person to do this for you. easier for him or her to actually get into you

6 Allow work for a few minutes.

Keep tilted to the side give some time to break up Five to 10 minutes should be sufficient.

- allow work until you no longer hear popping.

7

Drain the fluid.

Hold an empty bowl under you [redacted] or put a cotton ball up [redacted] the outside [redacted]. Tilt [redacted] slowly, [redacted] allow the liquid to drain out.

- [redacted] don't push the [redacted] swab *into you* simply hold it lightly against the outside [redacted] to catch the fluid.

8

Flush

[redacted] use a rubber [redacted] flush out [redacted]. Gently squirt [redacted] into your [redacted] canal. For very stubborn [redacted] people with very small [redacted] canals, an enema bottle filled with clean, warm water may work better [redacted].

- Pull [redacted] out and [redacted] open up the [redacted] canal.
- Do this over the sink, tub, or other container: it's a messy operation, and you may flush chunks [redacted] out.

9

Irrigate [redacted] again.

[redacted] repeat the process twice a day [redacted] four to five days.

- Don't drain [redacted] too often. [redacted] could damage your [redacted] sensitive skin in your [redacted] canal.

10

Dry [redacted]

When you're done flushing, place a towel over [redacted] and tilt [redacted] to the other side to drain [redacted]. Gently pat the outside [redacted] repeat the process.

Medical Remedies

1 Visit your doctor.

_____ make an appointment with a medical professional. He or she can _____ perform a quick procedure to flush you | _____. You might be experiencing _____.

- Persistent _____ aches.

A feeling of fullness _____

2 Use an over-the-counter solution.

To manage long-term _____ problems, your doctor may suggest using over-the-counter solutions _____ every four to eight weeks.

- Your doctor may also suggest _____ *trolamine polypeptide oleate* _____

3 Relax.

The doctor may flush _____ with a water pick or _____ syringe _____ remove _____ using suction. It doesn't hurt at all _____ in just a few minutes, you | _____ thoroughly cleaned _____