



FUN FACTS AND TIPS ABOUT YOUR EARS

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WHY IS IT NORMAL TO HAVE EARWAX ?

- Earwax is secreted by glands in the outer half of the skin of the ear canal.
- The earwax lines the skin and protects it.
- Earwax may also protect insects from crawling into your ear.



HOW SHOULD I CLEAN MY EARS?



- You do not actually need to clean your ears - they can be considered self-cleaning. The ear canal skin grows outwards, and carries wax to the entrance, where it flakes off/falls out.
- The wax that lines the canal skin is protective against infection and dust going in and does not need to be removed.
- If there is an excessive build-up, wax can be removed by using over-the-counter wax removal drops, olive oil or hydrogen peroxide. These should be used 2-3 times a day for a few days, and should help the wax soften and come out by itself. Cotton buds should not be used.
- If the ear still feels blocked after a few days, then you should see a doctor for removal.

WHAT ABOUT COTTON BUDS?

- Cotton buds should never be used in the ears.
- It is not necessary to remove the normal amount of wax present that lines the ear canal skin.
- If there is an excess of wax, it will be pushed deeper into the canal and lead to pain and further accumulation.
- Very often strands of cotton or part of the tip can remain behind and lead to infection.
- Pushing any object deep into the canal can lead to damaging your eardrum.
- As a general rule, you should put nothing smaller than your elbow in your ear!

