

WHAT TO DO WITH WAX IN MY EAR?

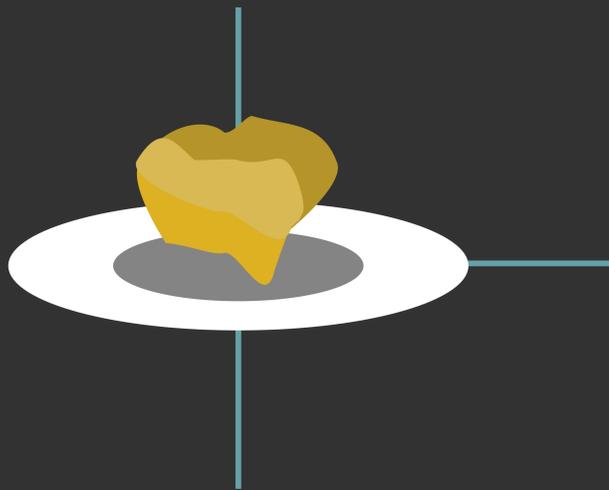


also called **CERUMEN**

Earwax is made by the body to protect the ears and has several important jobs:

Earwax is a natural moisturiser

Earwax protects and lubricates the inside of the ear canal to keep it healthy and prevent the skin from becoming too dry.



Earwax is your ears' own cleaning solvent

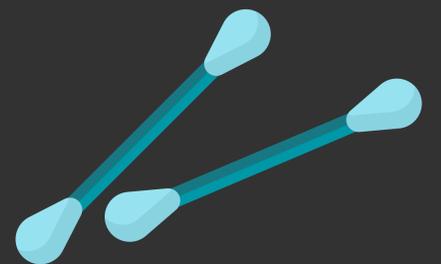
Earwax contains antibacterial properties, which means your ears are self-cleaning. Most of the time, old earwax is moved through the ear canal by jaw motions like chewing and yawning - when it reaches the outside of the ear, it flakes off.

Earwax protects the eardrum from the outside world

Besides shoving dirt and dust out of your ears, earwax protects your ears against bacteria, infections and viruses. Amazingly, it even repels insects! Without it, your ears would be more vulnerable to damage and infection.

Your beloved cotton swab, a potential danger

When your glands make excess earwax, it may get hard and block the ear. When you clean your ears with a cotton swab, you can accidentally rupture your eardrum or more commonly push wax further down the ear canal. This blockage can cause temporary hearing loss. Excessive earwax can be removed by using over-the-counter wax removal drops to soften the wax. If your ears still feel plugged or painful, schedule an appointment with your primary care provider.



LET IT DO ITS THING

NO ROUTINE MAINTENANCE IS REQUIRED

All you really need to do when taking your daily shower, is to dab those lovely ears out with a towel. This is the safe and effective earwax removal technique that removes the excess earwax that has already deposited dirt outside of your ear canal.