



## Skin allergies

Allergies in the ear can be caused by hairspray, shampoo or the metal of ear accessories causing an allergic reaction on the skin. The first step in solving this problem is to determine what is causing the allergic reaction and to stop using it. If this problem continues, a healthcare professional may prescribe ear drops or steroid pills.

## Food allergies

Your ears may have an allergic reaction to certain foods you consume, just like your skin or tongue may react to an allergic reaction. The best way to treat this is to visit a healthcare professional to test your allergies, whereafter you can adjust your diet or use epinephrine.

## Earwax build-up

Wax is your body's way of cleaning dead skin cells and dirt out of your ears, but too much of it can make them itch. Try over-the-counter ear drops that break up the wax or see a healthcare professional if the problem persists.

## Infection

Itchy ears can sometimes be a sign of an ear infection caused by bacteria and viruses. Depending on the type of infection, healthcare professionals may prescribe ear drops or antibiotics.

## Eczema

This is a skin condition characterised by extremely dry skin and can be caused by a shortage of wax production in the ear leading to itchy ears. Ear drops can be applied to relieve the itching and dry skin.

# COMMON CAUSES OF ITCHY EARS

# WHY IS MY EAR ITCHING?



[www.hearxgroup.com](http://www.hearxgroup.com) | **US:** (415) 212-5500 | **RSA:** +27 (0) 12 030 0268 | [sales@hearxgroup.com](mailto:sales@hearxgroup.com)

© 2019-2021 hearX IP (Pty) Ltd. Copyright in this work including its layout and the designs contained herein is reserved.

Disclaimer: hearX Group and its subsidiaries are not healthcare providers. The information contained herein is solely for informational purposes. It is not intended to be a substitute for professional medical advice and should not be relied upon as healthcare or medical advice. You are advised to seek guidance from your doctor or other qualified health professional with any questions you may have regarding your health or a medical condition. Never disregard the advice of a medical professional, or delay in seeking medical advice or care because of the content published herein. If you choose to rely on any information provided by hearX Group or its subsidiaries, you do so entirely at your own risk.