Earwax Blockage

Description
Overproduction of earwax, causing blockage of the ear canal.
Ear wax (cerumen) is normal and healthy.

Risk Factors
• Using cotton swabs to clean the ear can compress wax and block the ear canal

Frequent signs and symptoms
• Decreased hearing
• Ear pain
• Plugged feeling in the ear
• Ringing in the ear

General Measures
Don't use Q-tips or other objects to remove wax. You may cause damage to the eardrum or infection in the ear canal.

Medication
• Using non-prescription wax-softening ear drops, such as Debrox, can help remove the wax from your ear with less pain.
• If you are scheduled for the ear wash clinic, begin using the drops 3 days before your appointment. Follow the directions on the box.
• Take acetaminophen (unless advised against use) for minor pain

Expected Outcome
• May need removal by a healthcare provider

For questions or concerns, call the Telephone Care Program
1-800-455-0057