How to Get Wax out of Your Ears

The first step is to loosen the wax with an ear wax softener.

Use an eye dropper to put 5 to 10 drops of ear wash solution (carbamide peroxide, or Debrox), olive oil, or baby oil, into the ear each morning and night for five days.

To place drops in to the ear, lean your head to the side, or lie on your side, with the ear facing upward. Pull a little on the outer ear to open the ear canal and prevent oil from running right out. Use an eye dropper or the Debrox bottle to place the drops into the ear.*

* If you can, you might want to ask another person to do this step for you. It’ll be easier for him or her to make sure the solution is actually getting into your ear.

Continue to lean your head to the side, or lie on your side, for five to ten minutes, to allow the softening solution to work.

- If you used Debrox ear wash solution, you may hear a fizzing or popping sound. Don’t worry, this is totally normal!

Bring your head to an upright position, and use a tissue or cloth to catch any drainage from your ear.

This may be enough to get the wax out. If after five days of drops the wax remains, try washing wax out with a bulb syringe.

Using a bulb syringe to flush out the wax at home

If the ear wax has not come out by itself after five days of applying the ear wax softener, use a bulb syringe to gently flush out the wax. This process is called home levage.

Gently squirt lukewarm water (at body temperature) into your ear canal.

- Pull your earlobe out and up to open up the ear canal.
- Do this over a towel, or the sink, tub, or other container: it’s a messy operation, and you may flush chunks of earwax out.
**Bulb syringe**

With a lot of wax buildup, you may need to repeat the process twice a day for no more than four to five days.

If the wax does not come out after undergoing home lavage, contact your health care team by phone or Secure Messaging to arrange further evaluation.