

## **Effus2016**

I am not going to stop doing what has worked for 60+ years, just because the experts now say NOT to do it. No doubt that there are those who recommend that we stop doing everything in order to be safe. I wonder if some under-worked ear doctors somewhere began promoting this Q-tip idea so as to increase their profession's business.

Posted On 01/21/2017

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## **grulla**

I simply slowly twist a warm, wetted Q-tip in the sides of the ear channel never engaging the very rear where the ear drum is located. Then a dry Q-tip is used as a follow-up to eliminate any residual wax and moisture, and like you, for over 60 years. Easy-peasy, just be slow, careful and cautious.

Posted On 01/21/2017

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## **iamblessediam**

Or the other alternative: [[www.google.com/search?q=wet+willy&biw=1902&bih=987&site=we..](http://www.google.com/search?q=wet+willy&biw=1902&bih=987&site=we..)].

Posted On 01/21/2017

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## Effus2016

grulla - Exactly! There is always sufficient moisture in the ears after I shower - no need to wet, but the gentle twisting motion is the key! This is one of the few moments each day when multi-tasking is NOT recommended!

iamblessed - With your sense of humor, I am surprised you didn't suggest 'ear floss'! (But the wet Willie will work well, won't it?)

Posted On 01/21/2017

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## Sam.Shuter

Effus - The ear floss is a great idea. And some of us would only need one piece of floss to simultaneously clean both ears!!!!

Posted On 01/21/2017

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## grulla

"iam", and then there's this: [hilobrow.com/.../curly-howard](http://hilobrow.com/.../curly-howard)

And if all that isn't bad enough, here are their eye exams: [www.google.com/search?q=moe+eye+poke&rlz=1C2NNVC\\_enUS490US518&..](http://www.google.com/search?q=moe+eye+poke&rlz=1C2NNVC_enUS490US518&..)

Posted On 01/21/2017

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## iamblessediam

Yo grulla...as long as you don't 'inhale' while doing that kind of ear exam and be certain to have safety glasses in place...you might just get away with it;-))!

Posted On 01/21/2017

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## **iamblessediam**

Hi Effus2016 -- Actually, I should've offered two alternative approaches since the article kinda diss'ed both - ENJOY: [[www.google.com/search?q=wet+willy+meets+the+flameboy&biw=1902&..](http://www.google.com/search?q=wet+willy+meets+the+flameboy&biw=1902&..)]

Posted On 01/21/2017

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## **breathoflife**

as usual, "experts" are morons. on a bad day, dangerous morons, the problem is water in the outer ear causing itching from bacteria growth. how many showers do other primates take? use ORGANIC 90%alcohol on an ORGANIC swab, just don't cram it in. dries out the water, stops the itch.

Posted On 01/21/2017

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## **ICONOCLAST**

I've just tried putting my elbow in my ear to clean it, lol, but my advice is I don't think it works so don't try it at home or on top of a ladder or Mount Everest in case you overbalance and fall.

Posted On 01/21/2017

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## **tobyguy**

I had a full itch feeling in my ear and NEVER used Q tips to clean the ear but , had to do something so I did take a Q tip and go in a short way and pulled out a ball of wax with a small spider on it ...OH MY ..I was so scared , but point made I guess in this instance it was a good thing. Thanks for this site it is so good.

Posted On 01/21/2017

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**seg**

Well Toby i think it's suffice to say your new name should be Spiderman lol..But that is some scary crap ain't it.. YIKES !

Posted On 01/23/2017

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**she\_dog**

I have to disagree with the experts on this. Some of us just overproduce earwax, and it is itchy and annoying. Gentle cleaning with ear swabs is the only thing that makes it feel better. It is not realistic to expect us to go to the doctor for this.

Posted On 01/22/2017

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**rfiddis**

Wearing hearing aids can result in wax buildup. Pushing a silicone attachment into your ear every day pushes wax down the ear canal. My hearing practitioner recommends using hydrogen peroxide. I follow that with a very gentle rotation of a Q-tip to pick up gobs of wax. I experience mixed results. The hydrogen peroxide seems to make ear canal itchy.

Posted On 01/21/2017

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## Debbie\_53

Costing about a dollar a pint, hydrogen peroxide is my goto treatment for any topical infection. I am sixty three years old and have been using peroxide and the rounded end of a bobby pin to remove softened ear wax for my entire adult life. Unless I have been exposed to some irritant, I don't usually need to do this more than a few times a year. I cannot understand how anyone can do damage using reasonable care. If I accidentally make even gentle contact with my eardrum, it hurts, so I know I have gone too far. Peroxide alone loosens the wax but doesn't seem to drain it all the way out, and leaves my ear canals feeling uncomfortably wet.

Posted On 01/23/2017

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## truthwillprevail

I wouldn't dismiss ear candling so fast just because people with a bunch of letters behind their names say so. A few years ago, I had a mild but annoying problem in one ear that would just not go away. My ear was clogged and my voice sounded weird. No pain and it wasn't getting worse, it was just "there". I did regular ear candling sessions with a practitioner and it helped the condition and eventually my ear went back to normal. My ear problem happened on a trip overseas with many flights. I think this had something to do with it. Ear candling has been around for thousands of years. The effectiveness depends on the skill of the practitioner and pure beeswax candles should be used. Although, with the recent emergence of glyphosate in honey, maybe that is now something to consider when choosing candles for ear candling. Much cheaper and easier than going to an ENT who probably would have just given me antibiotics.

Posted On 01/21/2017

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## karol\_203

A flame or fire such as the top of a ear candle, obtains its oxygen from the center of the fire, creating a venturi (suction). Allied bombers during WWII used this principle in destroying the German city Dresden, by depriving the German citizen oxygen.

Posted On 01/21/2017

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## CindyMBlack

I have cleaned my ears with cotton swabs my entire life. I believe it would really take a complete idiot to "accidentally" puncture the eardrum or do some other kind of damage to the ear with a cotton swab.

When you get the tip of the swab anywhere near the eardrum, you can feel it exquisitely; the eardrum is quite sensitive. Then, by tilting and rotating the swab, you clean the area forward of the eardrum of course. Unless you're a complete cretin, why would you push the swab further into your ear, injuring the eardrum? That's kinda like walking near a curbstone, falling the 4" off it, and breaking your leg. Yes, it can be done, but only if you're a klutz of the highest order.

Cleaning my ears once a week, I get a reasonable amount of cerumen (earwax) on the end of that swab. I shudder to imagine how much wax would build up over months and years if I didn't do that. And the thought of putting saline, water, olive oil and all that other glop in one's ears leaves me shuddering. Not as bad as re trump getting the white house -- but shuddering nonetheless..

Posted On 01/23/2017

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## potroast61

Good Old H2O2. Not only good for ear wax, but I always Do the H2O2 in the ears at the first sign of a snuffle or start to feel a cold starting. 98% of the time it will stop the cold in it's tracks.

I had really bad wax as a child and went to the Drs' for excavation and then Power Flush. I have to say that is one of the most painful experiences I have ever had.

Posted On 01/22/2017

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## **carolsag53**

I have always been told not to use cotton swabs in the ear but I am 70 years old and have been using them since a child and I have not had any problems with hearing, wax etc. though I am very careful with the way I use them. I think a lot of people get to aggressive with cleaning their ears

Posted On 05/23/2024

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## **rmbittersweet**

I agree...I have used cotton swabs my entire life, along with my mother and my grandmother. Never had a problem. Used them on my kids they never had a problem. My kids won't use cotton swabs on my grand kids and grandkids have horrendous issues with ear wax and infection.

Posted On 05/23/2024

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## **PithHelmut**

Same here. I'm almost 70 and have been using cotton swabs all my life. It's one of the pleasures of life actually. But I don't do it too often.

Posted On 05/23/2024

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## **Whieldon**

I had no trouble with excessive wax buildup until I started using hearing aids - and they push the wax in. However, I can confirm that coconut oil followed by 3% peroxide works.

Posted On 05/23/2024

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## **dimetrodon**

3% hydrogen peroxide in the ear bubbles up (oxygen release) and is helpful for removal of earwax. Be sure to follow up with distilled water in the ear as the peroxide has chemical additives (stabilizers) and will irritate the inner ear if not rinsed out afterwards.

Posted On 05/23/2024

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## **pal4949**

You could also use food grade 3% hydrogen peroxide which doesn't have the extra chemicals

Posted On 05/23/2024

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## cup

Earlier this year, a local audiologist told me that you should never try to routinely clean out the ears (other than just wiping the ears during bathing, as Dr. Mercola suggested). He said it is best to leave the ears alone and not keep putting solutions and things in them, and that liquids are bad to put in the ears (if you don't absolutely have to) and can start a tinnitus problem or cause vertigo. The audiologist said if you do clean the ears, to do it no more than monthly, or at the very most 2 times per month.

The 2 different methods he recommended to clean the ears with are: 1) 50:50 hydrogen peroxide and water mixture (#1 favored recommendation) - Put in ear for only 30-45 seconds (longer is not better and does not do more); let drain out. Then immediately repeat in this same ear. Then turn and do this procedure on the other ear. He said there is no need to irrigate the ears afterward, and in fact he does not recommend it. 2) Sweet oil - put 2 or 3 drops in ear and let stay only long enough to feel it reach and coat bottom of ear canal, then drain out.

Stop there. This is good to use for any ear skin flaking. He said to be sure to know in advance of cleaning if you have intact eardrums or not. If they are intact, it's fine to use hydrogen peroxide. But if you could have even the tiniest pinhole in an eardrum, then use sweet oil instead. If sweet oil gets past the drum into the middle ear, it will not cause the damage that hydrogen peroxide can. My own comment is that I found sweet oil impossible to find.

So olive oil is a good substitution, as are a few other oils also. I learned that sweet oil is a derivative of olive oil, but the plus is that it is manufactured to remove any contaminants that regular olive oil may contain. I found an outstanding ear oil product that works wonders and comes in a dropper bottle: Herb Pharm Mullein Garlic oil, and this is what I use since I could not locate sweet oil. (This comment system messed up the paragraph breaks)

Posted On 05/23/2024

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## healthyh

I used the Herb Pharm Mullein Garlic oil to knock out an ear infection.

Posted On 05/23/2024

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## chrisphillips

peroxide used to help me throw off some impending infections in the head...used oil as well. haven't needed for ages... i suspect i only needed it because of overcleaning with swabs and less than sovereign diet.

Posted On 05/23/2024

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## cup

Yes, in several articles years ago, Dr. Mercola used to recommend using hydrogen peroxide in the ears whenever you felt a cold may be coming on to head it off.

Posted On 05/23/2024

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## Kneecaps

Yes, I can attest to that. Cleaning with swabs only push the wax in your ear till you get this scratchy sound and it's all the dried earwax you pushed to through your ear canal and it all ends up near your ear drum. Believe you me, it happened to me. Bothered me so much I was going to a doctor before deciding to try to pull or get to whatever was hitting my eardrum. After several dangerous attempts I managed to pull out a 1 1/2 inch long of something akin to shredded tobacco. I still don't know what it is.

Posted On 05/25/2024

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## Frankwoolf

I only use cotton swabs when the wax is big and blocking my ears, and then very carefully. Last year I went to an ear specialist because I was getting serious pain in one ear. He showed a picture of my ear drum with a smallish blob of wax on it. The tried to clean it and failed causing me some extreme pain. He gave me antibiotics that also did not fully work and refused to prescribe more. I got a doctor relative to prescribe more and eventually the pain was gone. a few weeks ago my ear was getting painful again so I carefully checked with a cotton swab. it seemed I found a canal I never new was there. I carefully used a cotton swab and was shocked at what I found. About a teaspoon full of grey gunge came out. It took about a week of careful cleaning every day to finally get it clear.

Posted On 05/23/2024

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## christineamst

Thanks for the always very appreciated advice!

Posted On 05/23/2024

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