



UNIVERSITY OF OREGON

Ear Drops

Would you believe that baking soda and water dissolves ear wax? In fact, some experts now say it's the best approach. Baking soda seems to work FASTER than hydrogen peroxide or the OTC product, Debrox (Carbamide peroxide). And it's more effective than solvents such as mineral oil or the Rx drug, *Cerumenex* (triethanolamine). These oily solvents soften the wax, but they don't break it up or help it dissolve. To try this, dissolve one-half teaspoon of baking soda in two ounces of warm water and put it in a dropper bottle. A dropper bottle can be purchased at a pharmacy. Use a few drops in the ear twice daily for up to a week. Discard any solution that is left after a week. Ear drops should not be used by anyone who has had a perforated eardrum...or is prone to ear infections.

Clinic Area Forms: Ear Drops: Rev. 7/07/04: AJK/kmb

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