

Homemade Recipe for Ear Drops for Wax

Using an empty dropper bottle, mix:

- 👂 1 Tablespoon (15ml) of hydrogen peroxide
- 👂 1 Tablespoon (15ml) of rubbing alcohol
- 👂 1 Tablespoon (15ml) of white vinegar

Then, while giving your child a bath, tilt his head to one side and place 3-5 drops (1-2ml) of the eardrops in his ear. Count to 5 and then let the drops drain out. Repeat this with your child's other ear.

Use the drops daily for 1-2 weeks. If you do not see an improvement with your child's ear wax, remix the ear drops using 2 Tablespoons of hydrogen peroxide with 1 Tablespoon each of the other two components. Use these drops for another 2 weeks.

These drops may also be given to your child before and after swimming to decrease the incidence of **Swimmer's Ear**.

NOTE: Do not use these drops if your child is less than 6 months old, has ear tubes or has an active middle ear infection.



From the Office of William T. Lin, MD, PA

Office Phone: 972-235-9444

www.DoctorLin.yourMD.com