

Hydrogen peroxide for ear infections/wax



Hydrogen peroxide is a solution (liquid) that can be used to treat ear infections or the build-up of wax. It is generally safe to use in all ears. Do not use if it irritates you or causes pain.

You can buy 3 per cent hydrogen peroxide from your local chemist – no prescription is required. A 3–5ml syringe with plastic tubing or a dropper will assist application.

You can also use olive oil or waxsol.

How to use hydrogen peroxide

1. Draw 1–3ml of hydrogen peroxide solution into a syringe or plastic dropper.
2. Place your head on the side.
3. Put the plastic dropper on the entrance of your ear and fill up the ear with the solution. You will feel a warm tingling sensation.
4. Allow the solution to bubble and fizz for 1 minute before tipping it onto a tissue.

The first time you use hydrogen peroxide, place a few drops in the ear for a few seconds and then tip it out onto a tissue. Once you are used to the feel, leave the solution in the ear for up to 1 minute at a time.

Instructions (staff to complete)

Use of antibiotic ear drops and hydrogen peroxide

The peroxide will damage the ingredient in antibiotics, so it is important that there is a 30 minute delay space between peroxide and antibiotics. Suggested timings:

Breakfast: Hydrogen peroxide
 Wait **30 minutes** and then use antibiotic drops

Lunch: Use antibiotic drops

Dinner: Hydrogen peroxide
 Wait **30 minutes** and then use antibiotic drops

Please follow these instructions for _____ days/weeks

Please use hydrogen peroxide alone

Twice daily _____ duration **OR** Once daily _____ duration

You can use this as a preventative medication _____ times a week to _____ times a month. This will clear wax and keep ears clear from water and debris.

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