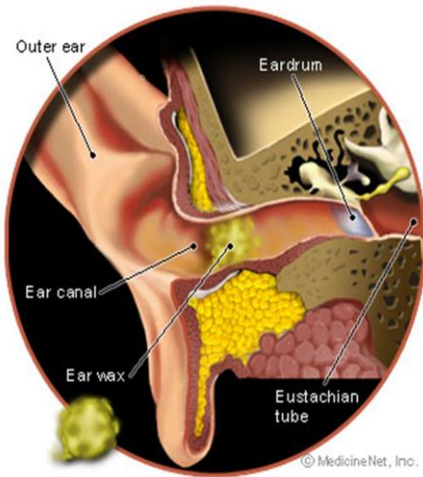


EAR WAX



- Ear wax is a moisturizing water repellent that is protective. **IT IS NOT DIRT!** Never use Q-tips to remove it!
- Ears are self-cleaning. As new skin forms wax and trapped material is carried to the opening.
- Some people naturally make more wax than others.
- If wax is dry or mixed with hair or debris; or packed in, then problems may occur.
- For haircuts, place a cotton ball inside your ear opening to keep loose hairs from falling inside. They contribute to clumping.
- Do not use rubbing alcohol except infrequently. Removing natural skin oils causes skin drying and cracking which is detrimental than any antiseptic benefit.

CLEAN YOUR EARS

- Using water on a wash cloth over the index finger to the opening.
- If you still feel plugged with wax, unscented baby oil or mineral oil can soften wax and allow the ear to clean itself. Apply a few drops on your finger twice a day for a few days.
- If water becomes trapped in your ear canal, evaporate it with a blow dryer on medium heat over the ear canal intermittently for three minutes.
- If you still feel plugged or experience pain, drainage or hearing loss, see a physician.