



SEATTLE NATURAL HEALTH LLC

CHIROPRACTIC AND NATUROPATHIC CLINIC

David Ramaley, N.D., D.C., D.A.C.N.B. and Laurie McQuaig, D.C., D.A.C.N.B.

Impacted Earwax Protocol

Equipment Needed

- Hydrogen Peroxide
- Bulb ear syringe
- Bowl of warm water

Protocol

1. While lying on your side, pour a capful of hydrogen peroxide into ear. Hold in ear for 2-3 minutes. You may want to put an old towel around your neck as some hydrogen peroxide will drip out of your ear. It is normal to hear fizzing and cracking.
2. Now lean over the sink to drain ear. Fill the bulb ear syringe up with warm water from the bowl. Flush ear out with warm water for 2 minutes. Look for pieces of ear wax to come out of ear.
3. Repeat steps 1 and 2 up to three times that day or until flushing is free of wax. If no wax comes out repeat the process the next day.

Repeat entire process for 4-5 days or until flushing is free of wax.