How to: Hydrogen Peroxide and Water Ear Rinse

How do I make the recipe?

1. Start with equal parts hydrogen peroxide (3%) and tap water or distilled water. For example, use 1 cup of hydrogen peroxide combined with 1 cup of distilled or tap water. **Do not** use well water.
2. Mix these together. Mix fresh each day.
3. The solution should be as close to body temperature as possible to avoid dizziness with irrigation.

What are the steps for irrigating the ear?

1. Fill a syringe with the solution to 10 ml by pulling the plunger back while the tip is in the fluid.
2. Position the ear:
   - For children 2 years old and under:
     - o Pull ear down and back.
   - For children over 2 years old:
     - o Pull ear up and back.
3. Place the tip of the syringe with the filled angio catheter into the opening of the ear canal and **gently** press down on the plunger.
4. The solution will rinse into the canal and back out again. It is common to see mucus and crusty material in the solution that comes out of the canal.
5. Wax (cerumen) **impaction** -irrigate affected ear(s) daily for 2 weeks or until return to clinic
6. Wax (cerumen) **long term management** - irrigate affected ear(s) 2 times per month as needed.

7. If you are also using a prescription ear drop as part of your care; please wait 5-10 minutes after you irrigate your ear; then place drops in ear as directed.