

Patient Information for Hydrogen Peroxide cleaning for Ear Infections/Ear Wax

Who is this information for?

This information is for patients, families and carers to manage ear cleaning for individuals with ear infections or ear wax. The cleaning of ears with hydrogen peroxide should only be undertaken as instructed by a health professional.

What is hydrogen peroxide and how does it clean ears?

Hydrogen peroxide works by mechanically assisting to soften and remove debris when instilled into the ear.

Hydrogen peroxide ear drops can be used as prevention medication 1-3 times per week to clear wax and to keep ears clear from debris.

What should I expect when I place hydrogen peroxide ear drops into my ear?

When you instill hydrogen peroxide into your ear you may feel a warm tingling sensation.

You may notice the solution bubbling out of the ear canal.

This solution is very safe in all ears, even when you have grommets or an ear drum perforation.

How do I use Hydrogen Peroxide ear drops?

Tilt your head to the side and instill the drops into the ear as prescribed on the hydrogen peroxide medication label or on this information sheet.

The first time you use hydrogen peroxide drops in the ear, leave the drops in the ear for a few seconds only and then use a clean cotton ball or tissue spear to wipe the excess from around the opening of the ear canal.

Subsequent times you use hydrogen peroxide drops:

- If using custom **MEG Ear drops**: 3-5 drops per ear
- If using **Syringe**: 1-2 mL per ear

Do not place cotton buds or other articles into the ear canal itself.

Stop using Hydrogen Peroxide Ear Drops if painful or uncomfortable, or if sensitivities occur.

If the 3% peroxide is too irritating or stimulating for your ear, then you can dilute it in $\frac{1}{2}$ by using equal parts hydrogen peroxide with cool boiled/sterile water.

Can antibiotic ear drops be used after hydrogen peroxide ear drops?

Hydrogen peroxide can damage the ingredients in antibiotic ear drops. There needs to be a 30 minute delay between administering hydrogen peroxide ear drops and antibiotic drops.

What will I require to clean my ears with hydrogen peroxide?

You will require:

1. 3% Hydrogen Peroxide – available in a pre-prepared dropper from **us at MEG**, or as a generic bottle at most pharmacies
2. 3 ml syringes (if using generic bottle)



Your recommended ear care plan

It is recommended where possible in the case of ear discharge that the patient should keep their ear dry.

A specific antibiotic and hydrogen peroxide ear drop regimen (circled) has been recommended for your management as per below:

Breakfast	Lunch	Dinner
Hydrogen Peroxide Drops		Hydrogen Peroxide Drops
WAIT 30 MINS		WAIT 30 MINS
Use Antibiotic Drops	Use Antibiotic Drops	Use Antibiotic Drops

Please follow for _____ Days/Weeks/Ongoing.

OR

Please use hydrogen peroxide alone (circled)

Frequency	Once Daily	Twice Daily	Once Weekly	Twice Weekly
Custom				

Please follow for _____ Days/Weeks/Ongoing

Concerns or questions?

You can contact your ENT Specialist at the Melbourne ENT Group (MEG):

- Phone: 1300- 952-808
- Email: admin@melbentgroup.com.au
- Website: www.melbentgroup.com.au



Your GP is also the best contact for ongoing care and concerns.

 1300 952 808  (03) 9429 3627

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