

Hydrogen Peroxide Ear Drops

Hydrogen Peroxide Ear Drops Recipe:

- 3% Hydrogen Peroxide. This can be purchased from any chemist without needing a prescription.
- 3-5ml syringe or a medicine dropper.

When instilled in the ear you will feel a warm tingling sensation, and a bubbling/fizzing sound (sometimes described a little like 'Rice-Bubbles').

This solution is safe in all ears even when you have grommets or an eardrum perforation.

Using Eardrops:

- Place your head on side. Use the syringe or dropper to fill up the ear with the solution (around 1-3 ml).
- 'Pump' the solution within the ear canal using the 'triangle' of skin and cartilage in front to the ear canal for about 10-15sec.
- Allow it to bubble and fizz.
- Once you are used to the feeling the solution should be left to bubble and fizz in the ear for up to one minute at a time, although when you first use it you may only tolerate the feeling for a few seconds.
- Tip solution out onto a tissue.
- The ear canal will dry itself in the next minute or so.

Use of Antibiotic Eardrops and Hydrogen Peroxide.

The peroxide will damage the active ingredients in antibiotics. It is important that there is a 30min gap between hydrogen peroxide (best used first) and antibiotics.

Frequency of Use:

- If used for treatment of ear infections (outer or middle ear), please use three times a day in combination with the antibiotic drops prescribed by your doctor. Use the hydrogen peroxide first and allow a thirty minute gap between it and other drops.
- If you are prone to recurrent outer ear infections ('otitis externa'), using hydrogen peroxide alone when you feel the first symptoms of an infection can sometimes avoid the need for antibiotic drops. Use it three times a day for a week, and see your doctor if symptoms of infection get worse.
- If used to prevent excessive wax buildup, use according to the frequency with which your ears block. If you need to have them cleaned out three times per year, use hydrogen peroxide three times/week. Twice yearly = twice weekly, and so on.
- If your ears are blocked by wax, use hydrogen peroxide 2-3 times a day for two weeks before your appointment to loosen the wax up prior to your appointment. This may remove all the wax in itself and avoid the need for cleaning altogether.

If your ear symptoms are made worse by hydrogen peroxide drops, or you find them too painful to use, please stop their use and discuss this with your doctor.