

# How To Unblock Wax In Ears: What Actually Works and What Doesn't

The search for **How To Unblock Wax In Ears** produces an overwhelming range of advice. Some of it is clinically sound. Some of it is outdated. And some of it — particularly anything involving cotton buds or ear candles — is actively counterproductive. Understanding which approaches are genuinely useful, which are harmless but ineffective, and which carry real risks helps people make better decisions before the situation gets worse.



[Ealing Hearing Centre](#) sees patients regularly who have tried multiple self-treatment approaches before seeking professional help. Some arrive with wax that has been pushed deeper by cotton bud use. Some have irritated ear canals from drops used for too long. The starting point for the removal procedure — and the complexity of it — is often influenced by what the patient tried first.

## Olive Oil: The One Home Remedy With Clinical Support

Of the various home-management options, olive oil drops have the strongest evidence base. They work by softening wax rather than removing it — which matters because the goal is to make subsequent removal easier, not to achieve extraction at home. Two or three drops of warm olive oil twice daily for three to five days before a professional appointment is a reasonable preparation approach for most patients.

Commercially produced olive oil ear drops work the same way as plain olive oil and are marginally more convenient. Sodium bicarbonate drops also soften wax effectively and are used as an alternative. Neither should be used if there's any possibility of a perforated eardrum, active infection, or grommet in place.

### What Not To Use

Hydrogen peroxide ear drops, available over the counter, dissolve wax through chemical action rather than softening. They work in some cases but are not suitable for everyone — patients with ear canal sensitivity, skin conditions in the ear canal, or previous ear surgery should avoid them. The tingling and bubbling sensation they produce can also be alarming enough to cause patients to stop before completing a course.

[Ear wax removal](#) attempts using improvised irrigation — syringing with a household water source — are not recommended. The pressure, temperature, and angle of

water application need to be carefully controlled to avoid dizziness or eardrum damage. Professional irrigation, where still offered, uses equipment specifically designed to control these variables.

The most reliable answer to **how to unblock wax in ears** that has become impacted is professional microsuction — which is safe, fast, and effective for the vast majority of presentations. [Hearing loss](#) caused by impacted wax typically resolves fully once the wax is properly removed.

For more information on the centre's approach and location, see [Ealing Hearing Centre](#) on Google Maps.

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