

## EXCESSIVE EAR WAX

Ear wax is ordinarily removed from the ear canal by the migration of skin cells towards the outside. This orderly pattern is disrupted in ED and results in the accumulation of wax in the ear canal. Thus, though ED patients have normal amounts of ear wax production, they have an inability to remove it efficiently which leads to ear wax impaction.

The use of lubricating drops (glycerin, mineral oil, baby oil, sweet oil) on a daily basis, especially at bedtime, softens the wax and facilitates its removal.

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### Supporting a normal lifestyle

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