

# Instructions on how to get earwax without having to use cotton swab of American doctors

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Should or should not use cotton swab? Most people already know the answer is NO because doing it brings more harm than we thought. But because of habit or not knowing any other way to get earwax, still use cotton swab.

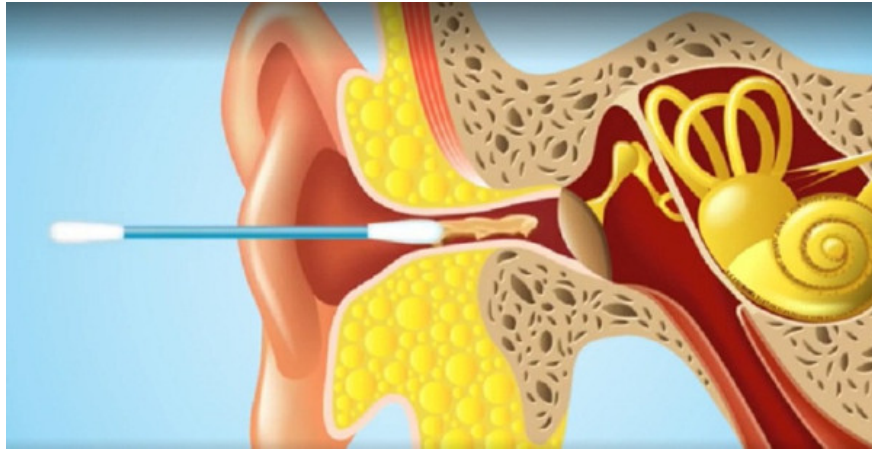
1. The color of earwax helps you identify your health status
2. 8 signs from ear wax reveal your current health condition



Earwax is not dirty, they even have an important role to keep dirt, preventing them from getting too deep. The American Otolaryngology Institute (AAO) has released the official ear hygiene guidelines for 2017, which states that earwax types do not cause harm or block the ear canal so they should be worn.

Therefore, we do not need to find ways to get them out and of course do not need to use cotton swabs.

According to Dr. Mark Vaughan, using cotton swabs not only does not pick up the wax, but also pushes it deeper, accidentally closing the ear canal.



In addition, the ear also has a self-cleaning mechanism. Through daily actions such as chewing, talking . and the amount of dead skin produced, ear wax will gradually peel off and leave the body when we take a bath.

For those with faulty self-cleaning mechanisms, the ear canal is getting clogged. Symptoms are earache, ringing in the ears, itching, stinking ears, bees in the ears, . At that time, we can 'temporarily' use cotton swabs to reduce discomfort, then Otolaryngology centers for the most accurate examination and diagnosis.

According to the study, about 10% of children, 5% of adults and 33% of older people fall into this situation.



With these cases, experts still warn against using cotton swabs. Leon Chen - Manhattan ENT doctor recommends that we can use olive oil or baby oil (baby oil) to clean our ears without using cotton swabs.

Put olive oil in a clean, small eye dropper on each ear 3 drops, once a week before going to bed. The next morning, put a handful of old oxygen in your hands and apply it to your ear to help make your earwax softer and make it easier to clean up.

See also: Looking at the earwax, you will know right away if you are susceptible to armpit odor?

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