



**LOYOLA  
MEDICINE**

*We also treat the human spirit.\**

## **ENT EAR CARE**

Normal earwax (cerumen) is produced in the oil glands located in the exterior two thirds of the ear canal. The purpose of cerumen is to catch dirt and debris and to prevent it from reaching the eardrum (tympanic membrane). Cerumen also lubricates the ear canal. With the normal progression of skin growth, the cerumen is forced up and out of the ear canal.

Occasionally, the skin of the ear canal may be dry. The wax may be dry as well. Therefore, the normal progression of wax production and removal is interrupted. Thus, the use of mineral oil, 4 drops to both ears, once a month, will prevent wax buildup and lubricate ear canals.

Equipment needed: Eyedropper, mineral oil (local pharmacy).

### **IMPORTANT NUMBERS**

(708) 216-9183—ENT Triage Nurse, Monday—Friday, 9:00 a.m.—4:00 p.m.

(708) 216-9183—ENT Department

(708) 216-9000—ENT Resident on call after hours and weekends

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