

HOW TO CLEAN YOUR EARS

- 1. DO NOT USE QTIPS**
- 2. PURCHASE AN EAR DROPPER FROM YOUR PHARMACY**
- 3. MIX HYDROGEN PEROXIDE WITH WATER – 50/50 MIXTURE**
- 4. PLACE 5 DROPS IN EAR CANAL WITH AN EAR DROPPER**
- 5. WAIT 5 MINUTES – YOU WILL HEAR BUBBLING / FIZZLING**
- 6. THEN TURN YOUR HEAD AND PULL YOUR EAR OPEN (SAME WAY AS WHEN YOU GET WATER IN YOUR EAR AFTER SHOWERING)**
- 7. THIS CAN BE DONE EVERY 2 WEEKS**
- 8. IF EAR IS STILL CLOGGED OR ANY PAIN, DRAINAGE OR HEARING LOSS PLEASE SEE A DOCTOR TO BE EXAMINED**