

Hydrogen Peroxide Information

3% Hydrogen Peroxide from local chemist or medical aisle at the supermarket - no prescription is needed

3-5 ml syringe and Plastic tubing or eye DROPPER

When instilled in the ear you will feel a warm tingling sensation. The first time you use it place a few drops in the ear for a few seconds and then tip it out onto a tissue. Once you are used to it, fill the whole ear canal and the solution should be left to bubble and fizz in the ear for up to 1 minute at a time. This solution is very safe in all ears even when you have grommets or an ear drum perforation. You may feel it go through into the throat if you have grommets or a perforation, for some people this stings for others it is no issue.

Instructions to patient:

Place your head on side, insert plastic tubing into the ear canal, or just fill up the ear with the solution (around 1-3 ml). Allow it to bubble and fizz before tipping it out onto a tissue.

Use of antibiotics ear drops and hydrogen peroxide combined or antifungal ear drops:

The peroxide will damage the ingredient in antibiotics, so it is important that there is a 30 minute delay space between peroxide and antibiotics/antifungals.

Breakfast Peroxide in AM (Wait 30 minutes)
 Use antibiotic/antifungal drop

Lunch Use antibiotic/antifungal

Dinner Peroxide (wait 30 minutes)
 Use antibiotic/antifungal

Please follow for _____ Days / Weeks

Please use hydrogen peroxide alone

Twice daily _____ Duration

Once daily _____ Duration

You can use this as a preventative medication _____ times a week to _____ times a month

This will clear wax and keep ears clear from water and debris and can be used after swimming or showers.

