

Listen Up: Ear Care Tips



The facts about wax: It's normal for wax to form and protect your ears from particles that may land in it. But wax can build up and cause blockage, making it difficult to hear and possibly causing damage.

Be careful when you clean: Your primary care provider (PCP) should remove your excess ear wax. Do not try to remove wax with cotton swabs, hair pins, or other hard objects. You can damage your ear canal or eardrum.

Itchy ears? Try using an eye dropper to place a few drops of baby oil in your ear canal once or twice a week to lubricate.

Watch for infection:

- If your child cries, complains of pain, or continually tugs/pulls at the ear, he or she might have an infection.
- If pus flows from any part of the ear, you should see your PCP immediately.

Know the signs of hearing impairment: Common symptoms include ringing sounds in the ears, a feeling of pressure in the ears, and dizziness. Call your PCP if you have these symptoms, especially if you are taking a new medication or have experienced some kind of head trauma.

Monitor your child's hearing. Even if your child does not have any problem, he or she should receive a hearing test by age 2. Contact your PCP if you notice a hearing issue at any time.

Questions?

- Talk to your PCP or your child's PCP.
- Call the Personal Health Advisor line at 1-800-919-8807 24 hours a day, 7 days a week.
- Call Customer Service at 1-866-231-1821 (TTY/TDD: 1-877-247-6272).

