

# Cotton Swabs, Ear Wax, and You

*Wax is a substance created naturally in your ear canal.  
**IT IS NOT DIRT.***

- \* *You need wax in your ears.* It acts as a lubricant and anti-itch material. Your body makes it. It is natural; no chemicals, no msg, soy sauce, etc. It does have an acid content which discourages growth of bacteria.
- \* Your ears are self-cleaning and simply require the use of a washcloth draped over your finger. The skin of the eardrum physically moves towards the outside of the ear and the wax goes along for the ride.
- \* Wax only “builds up” when you pack it in with cotton swabs, hairpins, match sticks, etc.
- \* When you visit a doctor and wax is removed from your ears, do not consider that your ears have been cleaned; they have not. The doctor’s instrument for viewing the ear often pushes the wax in front and blocks the view. Thus, wax will be removed, not “cleaned out.”
- \* There are many important structures behind the eardrum, including the nerve that goes to make your face move, the organ that controls your balance, and the little bones which help transmit sound. You can break into the eardrum and damage those structures with cotton swabs.

*Everything stated here doubly applies to your child who is smaller and, thus, easier to hurt.*

**GO THEN, AND DO NOT USE COTTON SWABS HENCEFORTH  
AND FOREVER MORE**

P.S: In case you were wondering why cotton swabs are made: money!!