

Did you hear the one about



EAR WAX?

Helps

Our Ears

PROTECT

For more information or to schedule an appointment with our ENT Specialist
Please call Health Shield on +971 2 698 9999 or visit our website
www.ch-hsmc.ae

EAR WAX

DID YOU KNOW?



Dr. Juan Miguel Juan Fernandez

ENT, Head & Neck Surgery Consultant
Health Shield Medical Center

- Ear wax helps protect the insides of the ears and prevents injury or infection.
- The insides of the ears do not usually need to be cleaned.
- Sticking things into the ears can push the wax in deeper and cause impaction.
- It is completely normal to have wax; a thin layer protects our auditory canal from external elements.
- When people insert cotton buds in the ear canal they always get a brown dark material. Most of the people believe that this is dirty, **but no...**, it is only the normal wax that protects u

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