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## Debunking Medical Myths: Ear Candling

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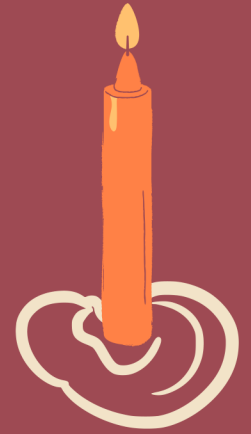
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# Ear Candling

"Ear wax accumulation is one of the most common ear conditions seen in primary care" [2].

## What is Ear Candling?

A hollow candle is placed in the external ear canal and burned for 15 minutes until a brown-waxy substance is in the candle stub [2].



## Risks and Truths of Ear Candling

Ear candling can burn the ear, cause the ear to swell, and tear the eardrum [1,2,3]. These can result in hearing loss which may be long-lasting [2].



Ear candling can leave behind deposits of candle wax in the ear canal that can be very difficult to remove [2,3].

Ear candling does not aid in the removal of ear wax [1,2].

## References

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