

How to Safely Clean Your Baby's Ears, Eyes, and Nose



Highlights

Cleaning your baby's skin is important for their health and helps avoid future problems.

Babies' skin is sensitive and can become easily irritated.

Clean your baby's eyes, ears, and nose with warm water and a soft washcloth or cotton wool.

Gently wipe your baby's eyes from the inside corner to the outside corner, using a new cotton ball for each eye.

Do not stick anything into your baby's eyes, ears, or nose as this can cause damage.

In This Article

[Why Cleaning Ears, Eyes, and Nose Matters](#)

[When to Clean Your Baby's Face](#)

[How to Clean Ears, Eyes, and Nose](#)

[Earwax: Should You Remove It?](#)

[Signs of Eye and Ear Issues](#)

[Tools and Assistance](#)

Why Cleaning Ears, Eyes, and Nose Matters

Your baby's skin is still developing in the first few months of their life, and it is quite fragile and sensitive.

It is important to clean your baby's ears, eyes, and nose for their good health. Babies can develop ear wax, mucus in their nose, and discharge in their eyes - this is normal and not a cause for concern.

Paying attention to these parts of your baby's body helps prevent future problems.

When to Clean Your Baby's Face

Clean your baby's ears, eyes, and nose every day using cotton wool or a soft cloth and warm water.

It is best not to use soap, as it can dry out or irritate your baby's sensitive skin.

A good time to clean them is just before bath time. Newborns don't need a bath every day, so find a suitable time that works for you to clean their ears, eyes, and nose daily.

Some babies get upset when their faces are washed, so choose a time when they're relaxed. It's better not to wash their face when they're hungry or right after feeding. Talking or singing to your baby while washing them might help calm them down.

How to Clean Ears, Eyes, and Nose

Dip cotton wool or a soft cloth in lukewarm water. Gently clean the corners of their eyes from the inside corner to the outside corner, using a new cotton wool ball for each eye.

Gently wipe around each nostril to remove any mucus and clean around your baby's ears.

Use a soft towel to gently dry your baby's skin, including behind the ears.

Do not stick anything into your baby's ears or nose as this can cause damage and increase the risk of infection.

Earwax: Should You Remove It?

There is usually no need to remove your baby's earwax, as it plays an important role in protecting their ears.

Earwax blocks germs and prevents dirt and dust from entering the ear.

Earwax naturally makes its way to the open end of the ear. You can gently wipe it away with a damp cloth when cleaning your baby's ears.

Do not insert cotton buds, fingers, or pointed objects into your baby's ears, and avoid using remedies to remove earwax as they can damage the ear canal.

Signs of Eye and Ear Issues

If your baby's eye is very watery with sticky discharge, it might be due to a blocked tear duct. This usually resolves on its own, but consult with a health professional if there's a risk of infection.

If your baby is tugging or pulling at their ears, has discharge from the ears, or if their ears are painful to touch, take them to a doctor. They may have an ear infection. Other symptoms like a runny nose or sore throat might also indicate an ear infection.

Tools and Assistance

Here are some helpful tools and ideas to support your baby's daily hygiene routine:

Soft cotton cloths and balls: Gentle on sensitive skin and ideal for wiping without irritation.

Lukewarm water in a clean bowl: The safest option for daily cleaning without soap.

Baby-safe towels: Use a soft towel to pat the skin dry, especially around delicate areas like behind the ears.

Routine reminders: Keeping a consistent cleaning time helps your baby get used to face and ear care.

Parental confidence: Don't worry if you feel unsure at first - the more often you do it, the more comfortable you'll become.