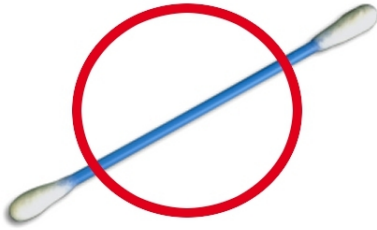


EAR WAX



NEVER USE COTTON BUDS!

YOU COULD IMPACT THE WAX FURTHER OR ACCIDENTALLY DAMAGE THE EAR CANAL OR DRUM CAUSING PERMANENT LOSS OF HEARING

Why is it there?

Ear wax is produced on a continuous basis to protect the skin of the ear canal. Some people make more than others, causing a build up and the formation of a plug. Ear drops alone will often clear a plug of ear wax. The plug of wax can be removed by irrigation if the drops do not work. This involves squirting lukewarm water into the ear canal to flush out the plug of wax.

What to do next!

It is recommended that you **put 3-4 drops of olive oil, at room temperature into your affected ear 4 times daily for 5 to 7 days prior to your next ear assessment.**

Once you have put the drops in, it is advisable to lie down on your side for 2-3 minutes with the ear with the drops in being uppermost. This helps the olive oil reach the wax so it can be softened.

It is important that you **DO NOT** put cotton wool into the entrance of the ears, as all this does is soak up the olive oil that you have put in.

You may find that irrigation is not necessary when you arrive for your appointment as olive oil breaks down the wax, removing it naturally from your ear.

If on assessment the plug of wax does not appear soft, irrigation may not be undertaken. You may be asked to continue the drops and return for a further appointment.

Irrigation

Ear irrigation does pose some risk to your ear, the biggest being a perforated ear drum and/or infection which could result in hearing impairment.

It is important that you inform the nurse of any problem relating to your ear such as pain, infection, surgery or previous perforation.

If following ear irrigation your ear problem does not go away, then make an appointment to see your doctor to discuss.

Ear Advice

Do not use cotton buds, hair grips, matches etc to clear or dry your ears.

If you suffer from excessive wax, the regular use of olive oil can help the ear clean itself. Instill one drop of olive oil at room temperature per ear once a week. Discontinue this if any pain or discomfort is experienced and speak to your nurse or GP.