

EAR WAX — TOP FACTS

- ✓ Ear wax is normal; it provides protection for your ears
- ✓ Your ears are self-cleaning
- ✓ The movement of your jaw while eating and talking moves the wax along the ear canal
- ✓ Ear wax only becomes a problem if it causes deafness, pain, or if a health professional needs a clear view of the ear drum

WHAT MAKES EAR WAX WORSE?

- 👂 The amount of wax produced varies from person to person
- 👂 Some people produce excessive amounts of ear wax and this can block the ear canal
- 👂 Wearing a hearing aid, ear plugs, or headphones can interfere with wax expulsion
- 👂 Narrow and/or hairy ear canals
- 👂 If you are elderly, the wax produced may be harder and drier
- 👂 Dry skin in people who suffer with eczema or psoriasis

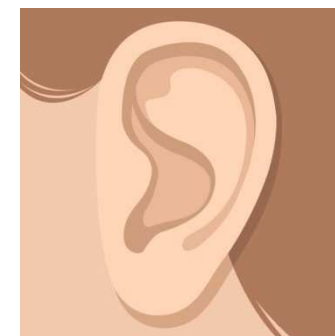
HOW TO BOOK AN APPOINTMENT

Please give the surgery a call on 01937 543 200 if you require an appointment with our practice nurse team for ear syringing

Please note: the nurse will only syringe your ears if you have already been putting drops in for at least 2 weeks and have tried the advice in this leaflet



Ear Syringing Advice Leaflet



Ear syringing should be a last resort

WHAT YOU SHOULD NOT DO

✗ Do not use cotton buds to clean the ear. This forces the wax deeper into the canal and can cause damage, trauma and possible infection



✗ Do not use objects such as matches, hair grips, crochet hooks, knitting needles, keys etc. This can cause trauma and possible infection

✗ If your ears are itchy do not scratch or rub them with your finger nails or any other objects

✗ Do not use anything smaller than your elbow in your ear!!!

WHAT CAN YOU DO TO HELP?

- ✓ Try to keep your ears dry. When washing your hair, showering, or swimming, putting some Vaseline around the inner part of your ear can help
- ✓ Don't put your head under the water when bathing
- ✓ If you regularly get blocked ears, use olive oil drops regularly

WHEN TO SEE THE GP OR NURSE

If you are experiencing the following symptoms:

- 👂 Pain / Discharge or bleeding from the ear
- 👂 Sudden deafness / Dizziness
- 👂 Foreign Bodies (you may be advised to attend A&E)

WHAT YOU CAN DO TO MANAGE THE PROBLEM

If you are not experiencing any of the symptoms above:

- ✓ Lie on your side with the affected ear uppermost. Pull the outer ear gently backwards and upwards to straighten the ear canal
- ✓ Put 2-3 drops of olive oil into the affected ear and gently massage just in front of the ear
- ✓ Stay lying on your side for 10 minutes to allow the wax to soak up the oil. Afterwards, wipe away any excess oil but do not plug your ear with cotton wool as this simply absorbs the oil
- ✓ In most cases after 14 days, the wax will have softened sufficiently enough for you to encourage the wax to come out without any further intervention
- ✓ However if you feel your hearing is still impaired, please make an appointment with the practice nurse for further advice