EAR WAX BUILD UP

SELF MANAGEMENT GUIDANCE

The information in this leaflet is based on

https://www.nhs.uk/conditions/earwax-build-up/ December 2017

Leaflet number: 4617/VER1 (Microsuction)
2018 Guy's and St Thomas' NHS Foundation Trust

Rotherham patient leaflet May 2017





ACT

Ear Wax is normal

protects our ears
from germs and dirt and
enables our ears

to self-clean

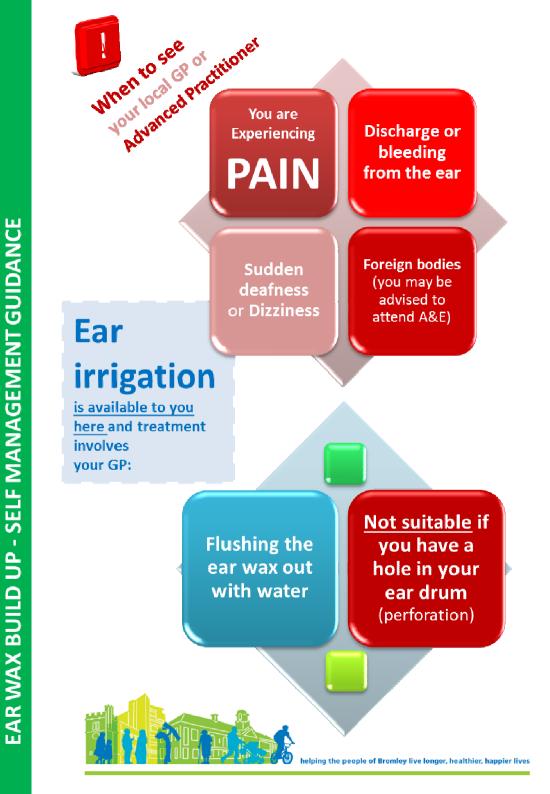
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Call 111

if you are <u>unable</u> to speak to your GP and you <u>don't know</u> what to do next







Microsuction

is an even more effective removal method and one of the <u>safest</u> methods to remove ear wax

Particularly for people who should not have water in their ears

1

The nurse, doctor or audiologist looks at your ear using a microscope this magnifies the ear making it easier to assess and treat

2

A gentle suction device is used to clean the ear without using water It works like a vacuum cleaner can be quite noisy but is *quick* and painless

3

If the object being removed is hard, removal can be slightly uncomfortable However the person performing the procedure will advise you if they feel it is going to be uncomfortable

Microsuction is <u>not available at this practice</u> however you can pay for this treatment privately

What makes Ear Wax WORSE?

- Hearing aids, ear plugs etc. in your ear can push wax further in
- Age, as wax gets harder, drier and more difficult to fall out
- Dry skin in people who suffer with eczema or psoriasis
- Narrow or hairy ear canals

DO

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DO keep ears dry

When washing your hair, showering or swimming, it can help to apply Vaseline around the inner part of your ear

DON'T put your head under water when bathing



DON'T use cotton buds, fingers or other implements due to risk of infection or trauma DO put 2-3 drops of olive oil in your ear twice a day for 3 days if you regularly get blocked ears



