**Methilhaven Surgery**

Ear Wax Treatment

SAFE PRACTICE

If you know you have an ear wax problem causing deafness and that your ear is otherwise healthy you can start the ear drop treatment from yourself.

* Earwax usually falls out on its own. If it does not and blocks your ear, put 2 to 3 drops of olive or almond oil in your ear twice a day for 2 weeks.
* Do not use your fingers or any objects like cotton buds to remove earwax. This will push it in and make it worse.
* Over 2 weeks lumps of earwax should fall out of your ear, especially at night when you're lying down.
* If after 2 weeks you are still not able to hear, make an appointment with our nurse to decide the next steps.

I NORMALLY GET MY EARS SYRINGED...

If you have been getting your ears syringed regularly you may be disappointed by this regime however ear syringing is known to lead to ear infections, perforated ear drum and tinnitus. Effective and safe treatment is crucial.

Preventing earwax build-up

You can't prevent earwax. It's there to protect your ears from dirt and germs. But you can keep using eardrops to soften the wax. This will help it fall out on its own and should prevent blocked ears.

IF YOU SUSPECT YOU HAVE ANY KIND OF EAR PROBLEM OTHER THAN WAX YOU SHOULD NOT PUT ANYTHING INTO THE EAR CANAL EXPECT AFTER MEDICAL ADVICE.

How to put drops in my ears

Where possible get someone else to do it for you.

* You should warm the drops/oil to body temperature before putting them in. If you put cold drops in your ear you may become dizzy for a short while.
* Lay on your side with the ear to be treated uppermost.
* Put the prescribed amount of drops in to the ear. If you are using olive oil, just put in a few drops.
* Use your finger to push on the small area at the front of your ear as if you were trying to clock your ear from a loud noise. Do this a few times to pump the drops in.
* Stay on your side for 5 minutes to ensure the drops soak in.
* If you are to treat both ears wait for a while before treating the other ear.