
There are other types of ear wax removal equipment available online and in pharmacies, including bulbar ear syringing home kits and ear wax removal candles, but they are not recommended for use by ENT specialists as they can cause injury to the ears if used inappropriately.

Step Two- Microsuction

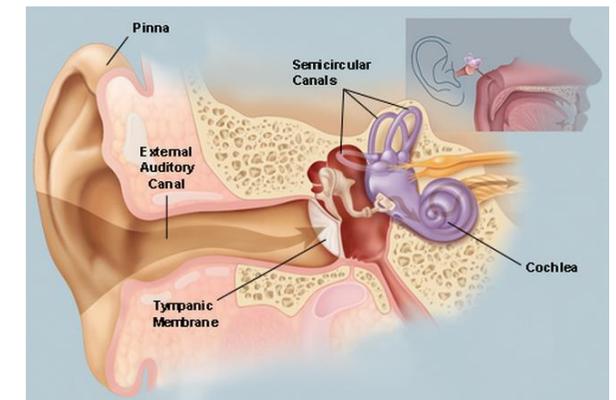
In some cases, if the above does not work or is not advised, you may be referred to a GP who has specialist equipment or an ear specialist in the Community ENT Service for removal of troublesome earwax by microsuction.

Your GP practice will have further details about this.

Advice on Ear Wax treatment for Patients

Poundhill Medical Group

June 2018



Earwax is a normal build-up of dead cells, hair, and foreign material such as dust, and natural wax which forms a protective coating on the skin in the ear canal. The amount of earwax produced varies greatly from person to person.

A doctor or nurse can look into the ear canal and confirm a plug of earwax has formed. A plug of earwax is not a serious problem, more a nuisance.

You only need to remove earwax if it is causing symptoms such as

- **Hearing loss**
- **Severe persistent pain**
- **A blocked feeling or fullness in the ear**
- **Persistent tinnitus**
- **Before fitting a hearing aid**
- **Or if there are issues with hearing aids such as whistling or reduced hearing**

Please note that these symptoms are not always an indication of wax build-up and may be caused by other things. If in doubt, please consult a doctor or nurse.

How to remove earwax

If you think you have earwax, do not try to clean the ear canal with cotton wool buds.

This can make things worse, as you will push some earwax deeper inside. It may also cause an ear infection.

Step One - Ear drops

Ear drops alone will clear a plug of earwax in most cases. Ear drops are inexpensive and can be brought from pharmacies and supermarkets.

- **Put 2 or 3 drops of a suitable treatment to remove wax i.e. sodium bicarbonate or ordinary olive oil in the ear canal 2 or 3 times a day for 2 weeks.**
- **This softens the wax so that it then runs out of its own accord without harming the ear.**

If you are prone to repeated wax built up you can continue to use olive oil drops twice a week to prevent recurrence.

Using ear drops may cause a temporary hearing loss, discomfort, dizziness and irritation of the skin as the wax is softening.

How to use ear drops

- 1. Warm the drops to room temperature before using them**
- 2. Lie with the affected ear facing up when putting in drops**
- 3. Pour a few drops into the affected ear**
- 4. Stay like this for a few minutes to allow the drops to soak into the earwax**
- 5. Gentle manipulation of the ear by pulling the outside of the ear can help penetration of the oil into the wax**

After 2 weeks if the symptoms are not better, please make an appointment to see a health professional to have your ears checked.