

## Patient Information

### Leaflet

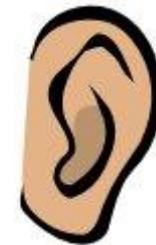
Dingwall Medical Group

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#### Additional Information

- All ear drops can be purchased from local pharmacies and are very low cost.
- There is no need to obtain a prescription from your GP.
- There is no need to wait for an appointment with a GP or nurse for them to visibly check your ears.

### EAR WAX



#### Ear Wax Treatment

We no longer routinely syringe ears, if you think you have a problem with wax causing you deafness you can treat yourself.

Wax is normal! It will come out of the ear with the skin of the ear canal, which grows from deep within and moves constantly to the outside over approximately 2 weeks. For advice, your first point of contact should be your local pharmacist who will assess your symptom, and ask you about any previous problems, i.e. perforation, ear surgery etc.

**DINGWALL MEDICAL GROUP**

If you think you have a build up of wax you can obtain drops from your pharmacist designed to break up and dilute wax so that it runs out easily on its own. Follow the length of treatment on the patient information leaflet for chosen drops then continue with olive or almond oil drops or spray for a total of 2 weeks. If you are sure there is still a build up of wax you can make an appointment to be assessed by a practice nurse.

Do one ear at a time and allow plenty of time to let the oil penetrate the ear canal AND remember the golden rule: NO cotton wool! To use the softeners effectively you need to lie down on your side and pull the outer ear backwards and upwards. Put 2 drops of oil or spray, at room temperature, into the ear canal and massage the area just in front of the ear for 5 minutes.

This softens the wax allowing it to run out of its own accord. You will probably not see the wax come out in lumps as the oil thins it out. You can continue with plain oils, e.g. olive or almond, for longer if needed.

If you are prone to repeated build up of wax you should put olive or almond oil (as above) in twice per week (or seek advice from your pharmacist about alternatives for hardened wax). Your pharmacist can also supply self help equipment to remove wax.

There are also some very helpful websites to look at e.g. NHS Patient Helpline etc. which will give you clear self care/advice equipment.

### **Syringing**

We occasionally have to undertake ear syringing but this will be decided by a nurse after assessment only.

We understand you may be disappointed with this change of advice if you are used to having your ears syringed, however we trust that you understand that we have a duty of care to provide safe and effective treatment for each individual patient.

### **Advice**

If you attend the Audiology Department at Raigmore you must follow their advice to oil your ears regularly between appointments. This will ensure that your treatment will be effective and not cancelled due to a build up of wax. It will not be possible to offer an appointment for ear syringing before and audiology appointment.

### **Top Tips**

- Ask your pharmacist for advice
- Use wax softener, then oil for a minimum of 14 days
- If wax is still a problem, make an appointment for assessment by a nurse
- If wax is a recurrent problem, use oil twice a week to prevent a build up