

Advice to help you manage and prevent ear wax blockage

Ear wax only becomes a problem if it causes deafness, discomfort or if a Health professional requires a clear view of your ear drum.

If you experience any of the following, you should seek advice from your GP

- pain
- discharge or bleeding from the ear
- **sudden** deafness or buzzing
- foreign bodies in the ear
- dizziness

If you are not experiencing any of the above, please manage the blockage as following:

Olive Oil Drops –

The following needs to be done 2- 3 times daily for 14 days.

- *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(s) and gently massage just in front of the ear*
- *Stay laying on your side to allow the wax to soak in for around 10 mins*
- *Afterwards, wipe away any excess oil but do not plug your ear with cotton wool as this simply absorbs the oil*

Your hearing problem may initially worsen after first starting to use the olive oil drops; this is why we advise you to concentrate on treating one ear at a time if both ears are blocked with wax.

In most cases, after 14 days, the wax will have softened sufficiently to encourage the wax to come out without further intervention. However, if you feel your hearing is still impaired, please make a telephone appointment with the GP for further advice and management.

Alternatively, there are kits available from pharmacies or private microsuction clinics.

- The kits contain a wax softener which you use for 3-4 days and a small bulb syringe to enable you to remove the wax gently from your ear canals yourself. These can be easily purchased from most pharmacies, ask for “ear bulb syringe”.
- Microsuction uses a gentle suction device to remove ear wax quickly. Contact:
<https://www.cliftonaudiology.com/wax-removal/> / tel 01179012526 or
<http://www.westburysurgery.co.uk/microsuction.html> / tel 01179623406

If your ears regularly become blocked with wax, we suggest you use olive oil drops as above, once a week to keep wax soft and encourage the natural process of wax expulsion.