

What to Expect at the Appointment

The clinician will examine your ears at the start of the appointment to assess whether the wax is suitable for removal

What Procedure is used?

If suitable, wax will be removed using manual wax removal techniques.

This usually involves a technique called microsuction - a very gentle suction is used to slowly move the wax out of the ear canal.

No water is used in your ear, reducing the risk of ear infection.

The clinician will fully explain the procedure at your appointment. We will only carry out wax removal procedures with your full and informed consent.



Audiology Primary Care: Routine Wax Removal Service

IMPORTANT NOTE

This service is for routine wax removal only.

If you have a history of ear canal or tympanic membrane disease, or have had mastoid surgery, please seek advice from your Audiology Practitioner, GP or Practice Nurse.

They can advise on the best way to have wax removed

An information leaflet for patients requiring advice on
'Use of Olive Oil to soften ear wax'

September 2019

Before your Wax Removal Appointment

What is ear wax?

Wax is naturally produced in the ear, protects the ear against dirt, dust and bacteria, and helps to prevent infection.

Do I need to use olive oil ear drops before my appointment to remove wax?

The use of olive oil drops can help in the removal of ear wax.

Softening the wax with olive oil drops will make the procedure to remove wax much quicker and more comfortable.

What if the wax clears after using olive oil?

In some cases using olive oil alone may be enough to clear wax from your ear. If you feel your ears are no longer blocked with wax after using olive oil, please cancel your appointment so it can be available for someone else

If the wax returns in future, you can book another appointment.

Using Olive Oil Drops

The following tips may help you to use olive oil drops more effectively:

- We recommend you buy **purified** olive oil from a chemist – this is usually sold with a dropper or a spray, for ease of use.
- Use 3 drops/sprays, **TWICE** a day, in the affected ear or ears.
- Lie on the opposite side to put the drops in, then remain in this position for 10 minutes to allow the oil to be absorbed.
- As the oil is absorbed into the wax, you may experience some additional pressure, this is normal.
- If you are having difficulty, consider asking someone else to put the drops in for you.
- If you experience any pain when using the drops, **STOP** straight away, and contact your GP.
- Olive oil drops should generally be used for two weeks.
- If you are prone to wax build up we advise regular use of olive oil e.g. once a week.

What NOT to do

- **DO NOT** insert cotton wool or tissue paper into your ears, this may absorb the oil, leaving the wax dry and hard.
- **DO NOT** use cotton buds, hair grips or anything else to remove the wax yourself — you risk damaging the delicate lining of the ear.

Other Products

- If you have difficulty putting olive oil drops in your ears, you may find an olive oil spray easier to apply.
- If you find that olive oil is not as effective as required, there are other commercial preparations available.
- Please discuss this option with your Audiology Practitioner, GP or Practice Nurse, who can advise you.