

Bredon Hill Surgery  
Main Road  
Bredon  
Tewkesbury  
GL20 7QN

01684 773444

[www.bredonhillsurgery.co.uk](http://www.bredonhillsurgery.co.uk)

*If you would like this letter or information in an alternative format, for example large print or easy read, or if you need help communicating with us, for example because you use British Sign Language, please let us know. You can call us on 01684 773444.*

Reviewed: October 2016

## Ear Care Information for Patients



Nurse contact telephone number:

01684 773444

### Did you know?

- Ears need wax for protection
- Ears have their own cleaning mechanism

### Care for your ears

- Keep your ear canals dry when washing your hair, showering or swimming. This can be done by using earplugs or cotton wool covered in Vaseline.
- Do not use cotton buds, hairgrips, matches etc to clean or dry your ears. These can damage the delicate lining of your ear canal, causing infection and may even perforate your eardrum.
- If you suffer from excessive wax, regular use of olive oil can help the ear clean itself. Instil 2-3 drops of olive oil at night once a week. Olive oil can be bought in a dropper bottle from your local chemist.

### Remember

Always consult your Doctor or Nurse if you are worried about your ears.

### Ear Syringing

Certain patients should no longer have their ears syringed. These include Diabetics and those on immuno suppression therapy. Patients with these conditions may be referred for microsuction at Worcester/Redditch or Kidderminster ENT department. To discuss this further, please book an appointment with the nurse .

### Before Ear Syringing

If you have ever had a perforated ear drum or ear surgery, please book a telephone consultation with the nurse prior to putting olive oil in your ears.

It is important to prepare your ears correctly before having them syringed. This ensures that the wax can be removed quickly and easily from your ears and, possibly, they may not have to be syringed at all.

1. Lie down on your side with affected ear uppermost.
2. Allow 2 or 3 drops of olive oil at room temperature to fall into the ear canal, massage the tragus (just in front of the ear) and pull the ear backwards and upwards as in the diagram below.
3. Stay lying down for about 5 minutes to allow the drops to run down the ear canal.
4. Place cotton wool coated with Vaseline at the entrance to the ear canal in order to keep the olive oil in the ear and to work more effectively.
5. Repeat the procedure with the opposite ear if you have a wax problem there.
6. **Use the oil 3 times a day, for 14 days.**

