

## Ear Syringing

This is only usually considered if the previous recommendations have proved to be unsuccessful. Ear wax needs to be softened as stated for 7 days before attempting to syringe.

Although the risks are low and nurses are specially trained to perform this procedure, there is still a small chance (thought to be around 1 in 1000) of complications occurring, such as a perforated ear.



## On-going Self Care

If your ears are regularly becoming blocked with wax, after clearing the blockage, it is suggested that you use olive oil drops as previously advised around once a week to keep the wax soft and encourage the natural process of wax expulsion.

Monitor symptoms and return to the Surgery if your hearing fails to return to normal after a few days post syringing or if any pain presents.

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**Broom Leys Surgery**  
**Broom Leys Road**  
**Coalville**  
**LE67 4DE**



## Ear Wax & Ear Syringing

### Opening Hours

The surgery is open between 08.00am - 12.45pm and 1.30pm - 6.00pm Monday to Friday. Please Note: Between 12.45pm - 1.30pm the surgery will be shut for lunch.

If you require assistance between 12.45pm - 1.30pm and 6.00pm - 6.30pm please call 01530 832095 and follow the recorded instructions.

Website: [www.broomleysurgery.co.uk](http://www.broomleysurgery.co.uk)

Email: [BroomleysSurgery.Patients@nhs.net](mailto:BroomleysSurgery.Patients@nhs.net)

NHS Choices Website: [www.nhs.uk](http://www.nhs.uk)

NHS

NHS

Tel: 01530 832095

Fax: 01530 832616

## Ear Wax

Ear wax is normal and it provides protection for your ears. Your ears are self-cleaning and the movement from your jaw whilst eating and talking moves the wax along the canal.

Ear wax only becomes a problem if it causes deafness, pain or if a health professional needs a clear view of the drum.

### What makes Ear Wax worse?

The amount of wax produced varies from person to person. Some people produce excessive amounts of wax and this can block the ear canal. Wearing a hearing aid, ear plugs and/or head phones can interfere with wax expulsion.

Narrow and/or hairy ear canals can also cause wax expulsion. If you are elderly - the wax produced may be harder and drier and dry skin in people who suffer with eczema or psoriasis.

### What shouldn't you do?

- \* You shouldn't use cotton buds to clean the ear. This forces the wax deeper into the canal and can cause damage, trauma and possible infection.
- \* Do not use objects such as matches, hair grips, crochet hooks, knitting needles, keys etc. this can cause infection.
- \* If your ears are itchy do not scratch or rub them with your finger nails or any other objects
- \* Do not use anything smaller than your elbow in your ear



### What Helps?

Try and keep your ears dry. When washing your hair, showering or swimming putting some

Don't put your head under the water when bathing. Finally, if you regularly get blocked ears, use olive

## When to see the GP or Advanced Nurse Practitioner

If you are experiencing the following symptoms:

- \* Pain
- \* Discharge or bleeding from the ear
- \* Dizziness
- \* Sudden deafness
- \* Foreign bodies (you may be advised to attend A&E)

### What you can do to manage the problem

If you are **not** experiencing any of the symptoms previously stated, the following is recommended:

**Olive Oil Drops** - the following needs to be done 2-3 times daily for 7 days.



1. Lie on your side with the affected ear uppermost
2. Pull the outer gently backwards and upwards to straighten the ear canal
3. Put 2-3 drops of olive oil into the affected ear (s) and gently massage just in front of the ear
4. Stay lying on your side for 10 minutes to allow the wax to soak up the oil
5. Afterwards, wipe away any excess oil but do not plug your ear with cotton wool as this absorbs the oil
6. Your hearing problem may initially worsen after first starting to use the olive oil drops; this is because the oil softens the wax which expands - continue to apply the drops and come to the

surgery for syringing. You are advised to concentrate on treating one ear at a time if both ears are blocked with wax

7. In most cases, after 7 days, the wax will have softened sufficiently to encourage the wax to come out without further intervention

**8. However, if you feel your hearing is still impaired, please make an appointment with the practice nurse for further advice and management**

Make An Appointment

