**Ear Care Instructions**

Wax is produced in the ear canal and helps protect our ears from infection, dirt and dust. As the skin inside the ear grows outwards, it will carry the wax and any trapped dirt out with it.

Sometimes the wax can start to build up, if you wear heading aids for example, or if you have narrow ear canals or dry skin. These will all make it harder for the wax to come out naturally.

If your ears are unable to clear the wax themselves, it may be suggested you come for ear irrigation to help remove it for you. During this, the ear is washed out with a small jet of water. However, for this to be successful, you will need to thoroughly oil your ears for **at least two weeks** prior to your appointment. We recommend olive oil drops, which can usually be purchased from any pharmacy. If the wax is not soft enough, unfortunately we will be unable to irrigate your ears.

HOW TO ADMINISTER THE OLIVE OIL DROPS

1. Ensure the oil is room temperature before use.

2. Lie down on your side with the ear requiring drops facing upwards

3. Pull the pinna (outer ear) backwards and upwards (just backwards in children)

4. Fill the ear with lots of olive oil drops and then massage the tragus (the skin just in front of the entrance to the ear canal) – this enables the oil to run down the ear canal more easily

5. Stay lying down for 5 - 10 minutes and then get up and wipe away any excess

oil with a tissue

6. **DO NOT** put cotton wool or tissue in the ear following the drops as this absorbs the oil and may prevent the softened wax from flowing out of the ear with the oil.

7. Repeat the procedure with the opposite ear if required, twice daily until your appointment or the wax is cleared.