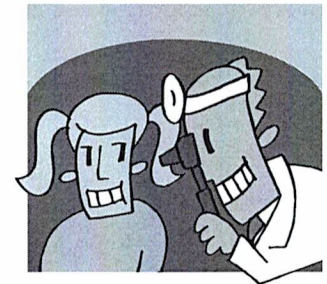


Ear Care Leaflet

**IMPORTANT
INFORMATION
ON EAR CARE**

*Sett Valley Medical
Centre*



Tel 01663 743483

Important Information prior to ear syringing

Ear Care Advice

Many ear problems are caused by people interfering with their ears, which is unnecessary and often harmful.

Ears have the ability to self clean and need wax for protection against infection.

It is important that you do not use cotton buds,

paperclips or hairgrips to clean your ears.

The lining of the ear is very sensitive and can easily be damaged by foreign objects which may sometimes even perforate the ear drum.

To avoid ear problems

Whenever possible keep your ears dry when showering, swimming or washing your hair (shampoo can irritate the ears).

Do's and Don'ts!!

- Do not leave cotton wool in your ears
- Do not scratch the inside of your ears as this can cause an infection
- Do have your ears checked for wax by either the GP or the nurse if you suspect wax is accumulating

Ear Syringing

Ear syringing is only occasionally needed to remove excess ear wax as often the use of ear drops alone will be sufficient to breakdown the wax. We recommend using Sodium Bicarbonate ear drops, using 2 – 3 drops in the affected ear three times per day for 7 – 10 days. This should result in adequate clearance of the wax in most people and only after this treatment may ear syringing be necessary.

How to instil ear drops into your ears

- Either tilt your head to one side or lie down on your side
- Use a dropper or a teaspoon to drop gently into the ear
- Massage just in front of your ear and pull the back of your earlobe backwards and upwards. This allows the drop to run down the ear canal
- Keep your head in this position for approximately 3 minutes. Wipe away any excess drop from the outer ear
- Do not put cotton wool into the ear as it will soak up the drop and leave the wax hard
- Instil the drops three times daily for 7 – 10 days