

The Wycliffe Medical Practice

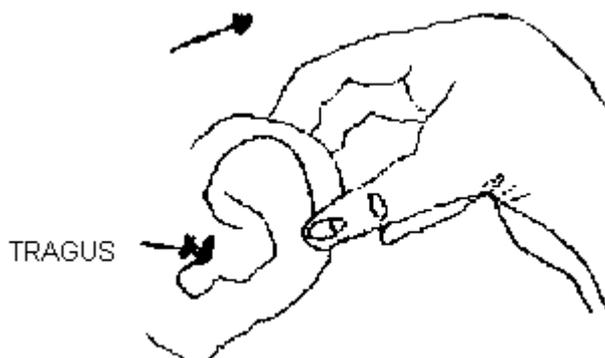
Ear Irrigation Appointments Advice Leaflet

Appointment Date and Time:

- Ear irrigation will gently remove wax from your ears
- It is a painless procedure and takes about 20 minutes
- It is important that you instil 2-3 drops of **olive oil** into your ear / ears morning and night for at least 14 days prior to your appointment
- Treating ears in this way for longer period of time (3 weeks or more) can have increased benefit
- Olive Oil purchased from food retailers is also suitable for use
- Please note - if you purchase specific olive oil ear drops from the pharmacy the accompanying leaflet may indicate that you cease using the drops after one week - if your ears have already been assessed by a doctor or nurse to confirm the problem is wax then it is acceptable to continue

To do this:

1. Lie down on your side with the effected ear uppermost
2. Pull the outer ear backwards and upwards (see diagram below). Drop 2 or 3 drops of olive oil at room temperature into the ear canal, using a dropper that may be purchased from the chemist.



3. Massage the front of the ear pulling your ear lobe backwards and upwards
4. Stay lying down for 5-10 minutes to allow the oil to run down into the ear canal and then wipe away any excess when you stand up
5. If both ears are to be irrigated repeat the process in the other ear
6. Do not use cotton wool in your ears after inserting the olive oil as this will reduce the effectiveness of the treatment

At the clinic

- An assessment will be carried out and ear irrigation carried out only if still indicated
- The nurse will gently spray warm water into your ears to gently remove any wax
- If all the wax is not removed on your first visit it may be necessary to make another appointment
- You will be given advice on how to care for your ears and so prevent the build up of wax in the future - this includes using a maintenance treatment periodically to prevent the wax building up again