

How to Use Ear Drops

- *Wash your hands.
- *Shake the bottle gently.
- *Place the bottle on a solid base. ...
- *Lie on your side or back with the infected ear facing upward.
- *Put the correct number of drops into your ear.
- *Wipe away drops that spill onto the skin of the ear lobe with a clean tissue

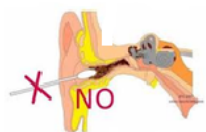


Due to individual variances, it is a widely accepted practice that successful ear wax removal can take anything up to **TWO** weeks in duration. If after this period of time the ear symptoms are failing to improve or worsening please make an appointment to review.

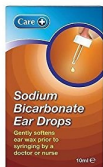


If you have or suspect you have **ANY** kind of ear problem other than wax you should **NOT** put anything down the ear except after medical advice.

Do not use drops if you have a hole or tear in your ear drum



See GP : if you have
Discharge from ear
Blood from ear
Fever associated with ear pain



Riverside Surgery
George Street
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HP11 2RZ.
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What should you do about ear wax build up ?

- If wax is not causing any problems, it is best left alone
- The ear is self cleaning & the wax should clear naturally, so it is unnecessary to try to remove the wax yourself.
- When water gets into the ear during showering or swimming, this may cause the wax to expand giving a sensation of 'blockage' in the ear & increase the perception of hard of hearing / tinnitus
- **Never** use cotton buds to attempt to remove ear wax. Inevitably you may find yourself pushing the ear wax deeper into the ear thus worsening the symptoms.

How is ear wax removed / managed ?

Ear syringing is no longer use in routine practice to remove ear wax. The following complications have been reported post ear syringing :

- A failure to remove ear wax
- Otitis Externa (inflammation of external ear canal)
- Otitis Media (middle ear infection)
- Perforation of ear drum
- Pain
- Deafness / vertigo

For all the above reasons, using EAR DROPS are now considered **FIRST** line treatment in managing ear wax removal.

Types of drops

Oil based— soften wax by dissolution—softening and aiding natural removal. i.e. Olive Oil, Almond oil,

2-3 drops into affected ears TWICE daily for 2 weeks

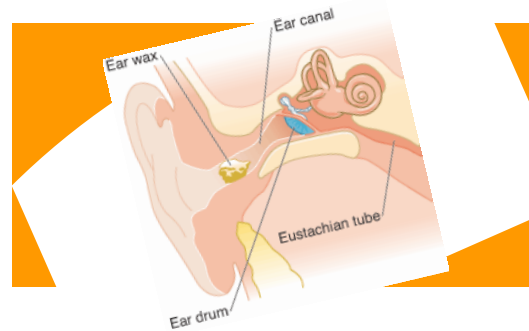
Water based— Sodium Bicarbonate 5% ear drops

3-4 drops into the affected ear(s) TWICE daily for 2 weeks

Hydrogen peroxide urea— becoming increasingly popular that both **soften and fragment** ear wax helping to clear from ear. (Urea hydrogen peroxide—releases oxygen which breaks up hard wax.—crackling in ears is expected)

i.e brands Otex, Exterol

SPEAK to your Community Pharmacist for choices in treatment—All the treatments are available **WITHOUT** a prescription **and** costs less than a NHS prescription charge.



Patient information leaflet

Ear Wax

What is Ear Wax ?

An important and natural secretion found in the ear: it keeps the ear canal lubricated and protects the ear against dust, dirt and bacteria, which helps to prevent infection. Cerumen otherwise known as ear wax, is composed of skin cells, dust and secretions from the sebaceous and ceruminous glands in the ear canal

Causes of ear wax build up ?

- Natural over production of ear wax over time
- You have hairy or narrow canals (the tube that links the ear drum and outer ear)
- Age—wax gets harder and more difficult to fall out
- Hearing aids, ear plugs and other things you put in your ear—these can push the wax further in.

How to tell if your ear is blocked with ear wax ?

- Earache
- Difficulty hearing
- Itchiness
- Dizziness
- Sounds such as high pitch tones coming from inside the ear(s) (tinnitus)
- An ear infection

Once the ear wax is removed these symptoms **usually** improve.

