



Cumbria Health on Call

## Glenridding Health Centre

### Ear wax treatment

(and why we no longer routinely syringe ears)

- **Ear syringing is known to lead to ear infections, perforated ear drum and tinnitus. The regime for dealing with wax below is safe and therefore we recommend that this is tried initially.**
- **If your hearing is impaired and you don't know why you should initially see our nurse. If we find that it is wax causing it we will recommend the 3 week treatment regime below.**

The ear canal is lined by skin which grows sideways and migrates along the ear canal eventually dropping out of the ear over about 2 weeks. This process keeps the ear clean by carrying away any debris or wax as it migrates along the canal so there is no need to clean ears generally.

Place 2-3 drops of olive oil down the ear 2 or 3 times daily for 3 weeks.

Do not place cotton wool in the ear as this just soaks up the oil

The olive oil softens and lubricates the wax which will run out of its own accord

If you are still deaf after 3 weeks please make an appointment with our practice nurse.

If any of the following apply please speak to our practice nurse for personalised ear care advice:

- Recent perforated ear drum
- Recent earache or infection
- Grommets in place
- Mastoid cavity