

## FURTHER TREATMENT

If ear wax problems are not resolved after conscientious use of this treatment over an acceptable period of time, you should consult with a suitably trained nurse or your Doctor, to decide on the next course of action.

## ONGOING MANAGEMENT

To prevent further build up of wax, you can continue to put olive oil down twice a week. These can be obtained from a chemist.

Wax normally comes out of the ear with the skin of the ear canal which grows from deep inside & moves to the outside over about 2 weeks.

The ear is a **very delicate, fragile** and extremely clever instrument, allowing us to hear sounds and to balance. It is easily damaged so we should learn to look after our ears to our best ability.

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.

North Yorkshire and York   
Primary Care Trust

# EAR WAX TREATMENT



## A PATIENT INFORMATION LEAFLET

## EAR WAX

We all produce ear wax. The reason for this is that ear wax forms a coating of the skin in the ear canal, acting as a protective layer, which traps dust and other particles which get into the ear. Small amounts are made all the time, and it slowly works its way to the outside, taking the trapped dirt and dust with it, at a rate which means that it does not build up.

For some people however, ear wax can build up, sometimes it is pushed further into the ear canal, for example, by a cotton bud, hearing aid or ear phones. If this happens, the wax becomes hard and impacted and may stop you hearing properly.

## RECOMMENDED TREATMENT

Ear nose and throat specialists have advised us on the best, most effective and safest treatment for ear wax that is causing deafness and it is our intention to follow their recommendations. This method works for most people.

**EAR DROPS** – We recommend olive oil as the most suitable oil. We DO NOT recommend specially formulated preparations that can be purchased which are not olive oil. This is because they can sometimes irritate healthy ears. If you have or suspect you have an ear problem you should not put anything down the ear.

You are required to put 2 or 3 drops of ordinary olive oil down the ear 2 or 3 times a day for **3 - 4 weeks**. Apply as follows:-

1. Tip your head to one side or lie on your side so that the affected ear is facing upwards. Gently pull the outer ear backwards and upwards.
2. Using room temperature olive oil and a dropper, drop 1 – 2 drops into the ear canal. Then gently massage area in front of your ear.
3. Remain lying on your side or keep head tipped, for 5-10 minutes; then wipe away any excess oil.
4. Repeat full procedure on the other ear if needed.

Please do not insert cotton wool into the ear canal after applying the olive oil as this will push the wax further into the ear canal. Continue with drops for any length of time, but 4 weeks is usually enough. If, after 4 weeks, you are still deaf from wax, or feel the problem has not resolved, you will need to make an appointment with the practice nurse, to decide what should be done.

If you **know** you have a wax problem causing deafness & that your ear is healthy, you can try the treatment for yourself.

## DEAFNESS

If you **think** you are deaf because of wax or if you are deaf and you **don't know** why, you should see the practice nurse to have the ear checked. If we find it is indeed wax, we will advise the olive oil treatment. We will not contemplate further treatment until we are satisfied the olive oil treatment has been properly conscientiously carried out for at least 4 weeks.