

# WILLOW GREEN SURGERY

## General ear care advice

- The ear canal is self cleaning - do not insert any implements such as cotton buds into the ear. These may damage the delicate skin lining the ear and increase the chance of you developing an ear infection, itchy ears or a problem with wax.
- To dry or clean the outside of your ear use a dry tissue or alcohol free baby wipes around and behind the ear after showering or bathing.
- If you suffer from excessive wax, insertion of 1 to 2 drops of olive oil on a regular basis may help the ear clean itself.
- If the entrance to your ear canal is dry or itches, you may find it of benefit to insert one drop of olive oil into the ear canal as instructed by your nurse. Keep your ears dry from any entry of water, as it may be that shampoos and soap are irritating the skin.
- If you have experienced an external ear infection keep the ears dry from any entry of water.
- To keep the ears dry use cotton wool coated in petroleum jelly or ear plugs placed at the entrance to both ear canals.
- If the symptoms with your ear do not improve please make an appointment to see our practice nurse.

### PATIENT ADVICE **BEFORE** EAR SYRINGING

- Insert 1 - 2 drops of olive oil into the ear(s) requiring syringing every morning and evening commencing **10 - 14 days** prior to your appointment.
- Smear some petroleum jelly on to cotton wool and place in ear(s) to help retain the oil for 10 minutes - inserting olive oil will assist in the wax removal and reduce discomfort that may be felt during the procedure.

### PATIENT ADVICE **AFTER** EAR SYRINGING

- Your ear canal may be vulnerable to infection after syringing due to the wax removal. Until the ear produces more wax to protect the canal - keep your ears that have been syringed dry from water for a minimum of 4 - 5 days after the procedure.
- Use petroleum jelly on cotton wool or ears plugs to act a protective seal.
- In the unlikely event that you may develop pain or dizziness, reduced hearing or discharge from your ears after the procedure please contact our practice nurse.

**IT IS PREFERABLE NOT TO SYRINGE EARS - YOU MAY JUST BE ADVISED TO OIL AFFECTED EAR(S) AND RETURN AFTER 2 - 4 WEEKS IF SYMPTOMS PERSIST.**

**EAR INFECTION - IF YOU HAVE HAD TREATMENT FOR AN EAR INFECTION AND SYRINGING IS STILL REQUIRED, THE PROCEDURE MAY BE DELAYED FOR UP TO 4 WEEKS. THIS IS TO REDUCE THE CHANCES OF THE INFECTION RE-OCCURRING.**