

**We are here to
support you**



Ear Syringing at The Chipping Surgery

Ear syringing is popular with many patients. However, for some time it has been recognised that it is not the safest method of removing wax, with a risk of infection, perforation of the ear drum, long term tinnitus (ringing in the ears) and long-term deafness.

How to get rid of wax?

A simple and easy way to remove ear wax is with Olive Oil Drops/ Sodium Bicarb Spray – It is recommended that this is done 2-3 times daily for 2-3 weeks.

- Lie on your side with the affected ear uppermost
- Pull the outer ear gently backwards and upwards to straighten the ear canal
- Put 2-3 drops of olive oil into the affected ear(s) and gently massage just in front of the ear
- Stay lying on your side for 10 minutes to allow the wax to soak up the oil
- Afterwards, wipe away any excess oil but do not plug your ear with cotton wool as this simply absorbs the oil
- Your hearing- problem may initially worsen after first starting to use the olive oil drops; this is because as the wax softens and swells, it forms a seal. If both ears are blocked, it is recommended to concentrate on treating one ear at a time.
- In most cases, the wax will have softened sufficiently to encourage the wax to come out without further intervention

Recurrent wax build ups?

For those who repeatedly get a build up of wax the use of olive oil a couple of times a week long term is usually all that is necessary.

What if this doesn't work?

There may be other ways to arrange removal of wax if the above solutions don't work. These will usually involve a review at a clinic which has specialist wax removal equipment. We are unable to recommend a specific company for you to contact, however there is a local business called Cotswold Edge Ear Care, or Specsavers (who deal with ears as well) that may be able to help.

We will no longer have the equipment to undertake ear syringing in the future at the surgery.