



Earwax Patient Management Information

Ear syringing is not a core service of General Practice and we are not resourced to deliver this

As a practice we have a full range of nursing needs that we need to ensure we are providing to all of our patients. Unfortunately as a practice we have had to make the difficult decision that due to the continued growth of our list size, we are no longer in a position to offer ear syringing to our patients. We appreciate that this may be disappointing for you, but we would like to provide you with information on how you can self-care and alternative options that are available to you to manage earwax removal.

Self-care guidelines for patients

What is earwax:-

Earwax is normal and is not a serious problem. Earwax is the normal build-up of natural wax, dead cells and hair which creates a protective coating on the skin in the ear canal. Everyone is different and the amount of earwax you produce will vary compared to another person.

How to tell my ear is blocked with earwax:-

If you are experiencing the following symptoms this could be a cause of earwax build up:-

- Earache
- Hearing Loss
- Tinnitus
- Dizziness / Vertigo



How should I remove earwax:-

Please Do Not use earbuds or ear candling to clean the ear canal as these can make things worse. Earbuds are likely to push earwax deeper inside and could cause you further problems e.g. ear infection.

If you have had an ear perforation in the past you should follow the advice you have been given previously about managing your earwax. If you need this clarifying please ask to speak to a Doctor or request advice using our online consultation service (available on our website).

You can also speak to a local pharmacist as they can give advice and suggest treatments for earwax.

Earwax does fall out on its own, if you feel that it hasn't done so you can remove earwax and the options available to you are detailed below.

Ear Drops – how do these work:-

Ear drops help to clear lump of earwax from the ear canal. All you need to do is put 2 to 3 drops of olive oil in your ear twice a day for a period of up to 3 weeks.

This will soften the earwax so that it comes out of your ear on its own accord and will not harm the ear. You may not see the wax come out as it often comes out unnoticed.

If you suffer with recurrent earwax build up, you can repeat this process at any point and may wish to consider using olive oil drops on a regular basis to help prevent earwax returning.

If you find that olive oil does not work you can buy sodium bicarbonate drops from pharmacies as an alternative.

Ear Drops – how to use these

1. Warm the drops to room temperature before using them
2. Pour a few drops into the affected ear
3. Lie with the affected ear uppermost when putting in drops
4. Stay like this for 10 minutes to allow the drops to soak into the earwax.



Bulb Syringing – how does this work:-

This is an alternative way to remove earwax and can be purchased from a pharmacy. This allows you to remove earwax yourself in your own home.

Bulb Syringing – how to use:-

1. Olive oil drops need to be used twice a day for at least 14 days prior to bulb syringing
2. Wash your hands
3. Use a bowl of cooled, boiled water that is warm to the touch, not too hot or too cold
4. Prepare the syringe by squirting water in and out of it a few times
5. Gently pull your outer ear "up and out" to help straighten out the canal, which will allow better access for the water
6. Tilt your head so the ear to be treated is upmost.
7. Place the tip of the syringe into the opening of the ear. Do NOT push the syringe further into the ear and gently squirt one or more bulb syringes of water into your ear. (This might be best done in the shower so that the excess water will run into the bathtub and not on your floor)
8. Allow the water to remain in your ear for at least 60 seconds. Gently tilt your head in the opposite direction and wiggle your outer ear.



If, after 3 weeks or more, you are still deaf from wax, you will need to make an appointment with a doctor or nurse to decide what should be done.

Private Clinic

You can also get your earwax removed privately at a local hearing centre (e.g. Hear4U, Earwax Removal Specialists – both in Coalville).

Onward Referral

If earwax continues to cause you to have symptoms, you can be referred to a local specialist GP or NHS hospital for micro-suction. There is a waiting list for these services and you will have been expected to try the methods overleaf first.