



**THE HEDON
GROUP PRACTICE**

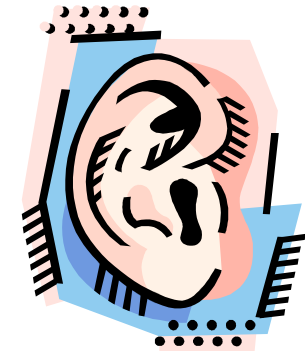
At

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**EAR
CARE**



*This booklet has been produced
for the patients of
The Hedon Group Practice*

Ear Care

If you are suffering from hearing loss, this does not necessarily mean it is due to impacted ear wax. It is important to have your ears examined by the Doctor or Nurse to establish the cause of any hearing loss, and for them to decide on any necessary action to be taken. It is important to rule out any infection, foreign body or injury, as well as look for impacted ear wax.



Here at The Hedon Group Practice syringing of ears will only be performed after your ears have been examined and you have followed these instructions carefully.

- If you do need to have your ears syringed, these are the things you need to do:-
- Lay down on your side
- Ask a friend or relative to put 2-3 drops of Olive Oil into your ear twice a day for about a week.
- If you have to put them in yourself use a dropper or 2 ml syringe
- Gently massage the skin near the entrance to your ear
- Remain lying down for 3-4 minutes to allow the oil to penetrate the wax
- **Do not** put cotton wool/tissue into your ear (this only soaks up the oil again and prevents wax coming out)
- Repeat with the other ear if required

Protect your pillow and clothing against oil and wax

If your ear still feels blocked after one week, make an appointment to see the Nurse who will decide if your ear still requires syringing

If you have any history of having had a perforated ear drum/ear surgery or cleft palate repair, **you must** inform the Nurse before syringing is performed

It is important that you inform the Reception staff when you make your appointment if it is one or both ears. If you only book one appointment but need both ears syringing the Nurse will only be able to syringe one ear. You will then have to make another appointment to have the second one syringed.