

EAR WAX REMOVAL

WHAT IS EAR WAX

Earwax is a build-up of dead cells, hair, foreign material such as dust, and cerumen. Cerumen is the natural wax. It is a protective coating for the ear canal. Small amounts are made all the time and are necessary to keep the ear clean. The quantity of earwax made varies greatly from person to person. Impacted wax may cause a feeling of fullness and dulled hearing. It can feel uncomfortable. A plug of earwax is not a serious problem, more a nuisance.

1. EAR DROPS

Ear drops alone will often clear a plug of earwax. You can buy drops from pharmacies, for example, olive oil, almond oil, and sodium bicarbonate. Warm the drops to room temperature before using them. Lie with the affected ear uppermost and pour a few drops into the affected ear. Stay like this for 2-3 minutes to allow the earwax to soak into the wax and soften it.

Repeat this 2-3 times a day for 7-10 days. Flakes or crusts of earwax often fall out bit by bit. You may not notice the wax as it comes out of your ear.

2. HOME EAR SYRINGING BULB

You can buy an ear syringing bulb from the pharmacy or online for between £1 and £5. The bulb may only work if the plug of earwax has been softened.

Therefore, always start with step 1. Above - Ear Drops. Fill the bulb with warm water. Lean over a sink or bowl. Place the nozzle of the bulb gently at the opening of the ear, not deep inside, and squeeze the warm water into the ear canal. As the water runs out it should carry the wax with it. Repeat 5-10 times. This can be repeated daily for 3 days.

In line with many other practices locally and nationally the team at the surgery has taken the decision to cease offering ear irrigation at the practice. There are a number of reasons for this including:

- There are suitable safe and effective alternatives that allow patients to self-care at home. Although the risk associated with irrigation is low there is still a chance of complications occurring such as perforated ear drum, middle ear infection & external canal infection
- There are a number of places that offer this service – the details of these can be found on our website or please see the reverse. If you have any queries, please speak to a member of our reception team
- If you are in any doubt regarding the cause of your symptoms, please contact reception and we'll happily arrange to see you for an assessment and advise you on the most appropriate treatment.

**** Do not try to clean the ear canal with cotton wool buds. This can make things worse, as you will push some earwax deeper inside. It may also cause an ear infection. Rather, let the ear clean itself**

**** If you experience significant pain or discharge see your nurse or GP**

www.watershipdownhealth.com

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Clinic	Details
Leightons Opticians & Hearing Care 9-11 Church Street, Basingstoke, RG21 7QG 01256 321068	Offer manual removal, microsuction and water irrigation services. Clinics run Monday mornings and Wednesday afternoons. Appointments £50 for 1 ear and £75 for both. Call 0800 40 20 20 for appointments or book online at https://www.leightons.co.uk/book-an-appointment/hearing-appointments
Specsavers Hearing Centre Unit 5 Chiswick House, Festival Place, Basingstoke RG21 7LD 01256 479429	Offers manual removal and microsuction at a price of £35 per ear. Wax removal clinics run twice a month.
Specsavers Hearing Centre 71 High Street, Andover, SP10 1NG 01264 339369	Do not offer wax removal services. They send their patients to Salisbury Specsavers for treatment. You can contact Salisbury Hearing centre on 01722 412 255.
Specsavers Hearing Centre 42 Northbrook Street, Newbury, Berkshire, RG14 1DT 01635 46105	Do not offer any wax removal services.
Specsavers Hearing Centre 106a High Street, Winchester, Hampshire, SO23 9AH 01962 844 833	Do not offer any wax removal services. They send patients to Eastleigh Hearing Centre. To enquire about ear wax removal at the Eastleigh branch, please call 02380 620011.
Just Ears Southampton Park Surgery, Hurlsey Road Chandlers Ford SO53 2ZH 03455 272727	Friarsgate GP Practice, Buttercross Private Suite, 4b Stockbridge Rd, Winchester SO22 6EL Tel: 03455 272727 Offers microsuction services costing £85 for both ears. Booking line is 03455 27 27 27 or book online at https://www.blueteq-sys.co.uk/justears-booking/Booking/Appointment
North Hampshire ENT BMI The Hampshire Clinic, Basing Road, Basingstoke RG24 7AL 01256 377733	Safe and Sound Clinic runs Thursday mornings. Each 20 minute appointment costs £80 (both ears). To enquire email info@ent-hampshire.com
Ceda Healthcare Charlton Hill Surgery, Charlton Road, Andover SP10 3JY 0330 123 0580 Email: info@ent-hampshire.com	Microsuction costs £48 for one ear or £68 for both with appointment charge of £30 if no removal is necessary. Also offer home visits for £120 within local area.
Adagio Hearing Odiham Cottage Hospital Buryfields, Odiham, Hook RG29 1NE 07775 147019	Offer microsuction and ear syringing. Costs £60 for a consultation and for wax removal services. The practitioner will be at the Hartley Witney Practice 3 days a week and at Odiham for the remaining days. More information can be found at https://www.adagiohearing.co.uk/ear-wax-removal

Updated 19.08.19 + 13.05.20