



## EAR WAX ADVICE

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[www.fileysurgery.co.uk](http://www.fileysurgery.co.uk)

Ear wax is a common problem. Regular use of olive oil drops will often alleviate the problem and is generally safe. Ear syringing has risks of perforating the ear drum and/or causing ear infections and the wax often returns.

Another option to ear syringing is "Micro Suction" of the ear canal. Some local opticians provide this service. Unfortunately, Micro Suction on the NHS is not advocated by our local health authority.

If you have excessive ear wax, drops of olive oil used regularly can help the ear to clean itself. We recommend using olive oil, four times a day regularly until the wax has reduced and then once or twice a week to prevent further build up, it will take up to a couple of weeks for the oil to work.

Please note that it is normal for your hearing to be a bit muffled whilst using the oil.

Never poke anything into your ears in an effort to dry or clean them. Cotton buds, hairgrips or matches, for example, can easily damage the delicate lining or even burst the ear drum.

### **Micro suction is available at a private charge from:**

- ❖ **Charlwood Hearing Care** based in Scarborough but also holds clinics at Filey and Hunmanby Opticians every other week bookable by ringing the central office number on 01723 369505, more information at [www.charlwoodhearing.co.uk](http://www.charlwoodhearing.co.uk).
- ❖ **Specsaver** in Bridlington tel: 01262 400011
- ❖ **Specsaver** in Scarborough tel: 01723 501990
- ❖ **Micro Suction Home Visits** tel: 01723 583830 or 07359040155
- ❖ **Clark's Care Home Visits** tel: 07884 238288 (For ear irrigation and micro suction)

### **"Ear Irrigation" is also available at a private charge from:**

- ❖ **Clear Ear Yorkshire Home Visits** Tel: 07876064306 or 01723 863366 to arrange a home visit from a professional registered nurse with 30 years ear care experience.
- ❖ **The Filey Bay Pharmacy** tel: 01723 518218

*Please note -The Surgery does not recommend or take responsibility for any services by private providers.*