



EAR WAX ADVICE

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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 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.

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.

Specsaver in Bridlington tel: 01262 400011

Specsaver in Scarborough tel: 01723 501990

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.