

NWS PATIENT LEAFLET ON EARWAX

1. What is earwax?

Sometimes excessive wax can build up inside the ear canal causing symptoms such as ear pain, hearing loss, and fullness in ears or itchiness. This can happen for a number of reasons including hairy or narrow ear canals, using hearing aids and the use of cotton wool buds.

2. How can it be treated?

A build-up of ear wax can be treated with eardrops which are available from your local pharmacy. These can help soften and loosen the earwax, which may help it work its way out naturally.

- **Sodium Bicarbonate solution:** You should use these drops for up to 3 weeks, applying 3 times a day with 3 drops in the ear. The sodium bicarbonate dissolves the wax. Your hearing may temporarily worsen as the wax swells before it dissolves. For this reason we suggest treating one ear at a time. The drops should be left in your ear for up to 3 minutes. When it improves you could use the drops less frequently e.g. twice a week, to reduce further build-up of wax.
- **Olive oil:** This comes as a spray or drops and is used to soften the wax. This is a more gentle treatment and is often recommended if you have eczema in your ears. Ideally, you should apply this treatment once daily (perhaps before sleeping) to prevent the build-up of wax on a long-term basis after the wax build up is clear. It is not necessary to put cotton wool in your ears afterwards. **We never recommend you use cotton buds in your ears.**
- **Other ear wax drops:** There are a number of other ear drops such as Otex, which help remove wax. Your pharmacist will be able to advise you.
- **Microsuction:** If ear drops have not been successful (or appropriate) in removing your ear wax, you may be referred by your GP to have a procedure called Microsuction to remove the earwax under direct vision. The procedure is quick and safe.

3. Do you have an Audiology appointment ?

Your ears will need to be free from wax for your audiology appointment. If your ears contain wax, it may lead to delays in your treatment and require additional appointments. Olive oil drops can be used to soften ear wax and help it come out of the ear. 2 -3 drops should be used twice a day for at least two weeks before your appointment.

If you know or suspect that your eardrum is perforated do not use drops unless directed by your Doctor.