



## Ear care preparation prior to ear wax removal with microsuction

Prior to wax removal it is recommended that, provided you do not have any ear problems other than wax (such as a perforated ear drum), to use a softening agent such as olive oil to soften the wax over several days. We advise you to use the oil at least once per day for a period of 3 days.

If you have a regular build-up of wax, you can help the ear self-clean through using olive oil on a regular basis to keep the wax soft. For easy application we can provide olive oil in dropper bottles if necessary.

### **How to insert olive oil into your ear**

You may like to warm the oil in a luke-warm cup of water prior to placing the oil into your ear. Test the temperature on your wrist prior to placing the drops in the ears.

The easiest way is to lie on a bed with ear facing forward toward the ceiling; with one hand pull the top of the ear to straighten the ear canal. Using the dropper squeeze 3 – 4 drops into the entrance of the canal. Repeat as necessary and allow the oil to soak into your ear. You may like to put a tissue or cotton ball in the outer part of your ear to stop the oil from dripping.

Sometimes the oil can make your ear feel more blocked as it softens and soaks into the wax. This is only for a short while.

If you feel dizziness or pain STOP. Discuss this with the nurse at your next appointment. Do not use oil if you have a perforated ear drum or other significant ear problems.