

Ball Tree Surgery

Guidance for Ear Wax



What can you do if earwax builds up and causes symptoms?

For the majority of circumstances we recommend self-care

Ear drops

Ear drops alone will often clear a plug of earwax.

Where to get them:

Talk to your local pharmacist

You can buy drops from pharmacies.

- Commonly used ear drops:
- Olive oil
- Almond oil
- Sodium bicarbonate
- Sodium chloride

What to do:

- Warm the drops to room temperature before using them. (Let the bottle stand in the room for about half an hour.)
- Pour a few drops into the affected ear.
- Lie with the affected ear uppermost when putting in drops.
- Stay like this for 2-3 minutes to allow the drops to soak into the earwax.
- To prevent the oil running out, gently place a piece of cotton wool, smeared with Vaseline, into the ear – this will ensure that the oil works on the wax and doesn't just soak into the cotton wool
- If both ears are affected, repeat this procedure for the other ear.
- You may need to do this for **two weeks or longer** for it to have an effect

What happens:

The earwax is softened and it often breaks up if you put drops in 2-3 times a day for 3-7 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.

If ear drops don't work:

Ball Tree can provide ear irrigation services in the following situations

- 1) We have received a written request from an ENT or Audiology from a hospital
- 2) A GP considers that it is clinically appropriate

If Ball Tree is unable to assist then alternative options are available

Non NHS local services for ear wax removal we have found online include:

The Hearing Clinic

Phone: 01903 204521

Address: 7 Downlands Parade, Upper Brighton Road, Worthing BN14 9JH

Specsavers Opticians Worthing

Phone: 01903 215555

Address: 61/63 Montague St, Worthing BN11 3BN

Web: www.specsavers.co.uk

Sussex Audiology Centre

Phone: 01903 243300 or 01273 778977

Locations: Goring by Sea, Hove, Haywards Heath

Sight and Sound

Phone: 01903 753289

Address: 16 Queens Parade, North Road, Lancing

Ferring Hearing Centre

Address: 32 Ferring Street, Ferring

Tel: 01903 500636

We do not endorse the above providers – this is for your information only.

Guidance adapted from <https://patient.info/health/hearing-problems/earwax#nav-1> search online for more information