



## Accessible information

If you require this information in a different format please inform  
Reception

## Hearing Tests

If you are over 55 you do not need a referral from a doctor for an NHS hearing test.

You can make an appointment for a free hearing test by ringing your choice of the following providers:

**Scrivens 0800 0275102**

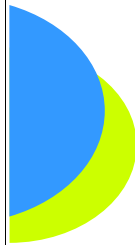
**Specsavers 01246 222334**

**Chesterfield Royal Hospital Audiology  
01246 514403**

## Providers of Ear Wax removal

Unfortunately, we are unable to recommend any specific private providers of ear wax removal.

Please use the internet or yellow pages to locate these services.



## The Brimington Surgery Ear Care



*Patients shall be assessed and treated according to the Ear Care Pathway.*

*The Ear Care Pathway involves providing patient education in terms of treatment options, what to do if experiencing any pain, use of olive oil and having moved along the care pathway, provide Ear Irrigation **only when clinically appropriate.***

**This leaflet is to guide you  
in self care of your ears.**

## Ear Wax

Ear wax is normal, it is designed to trap things like dirt or dust and acts to protect the lining of the ear. It is produced continuously and is gradually moved towards the entrance of the ear by the self-cleaning mechanism of the skin and the action of the facial muscles.

**Using cotton buds, match sticks or hair clips to try and clean out the ear canals is one of the most common causes of impacted wax and should be avoided.**

Some people become accustomed to having their ears cleaned by irrigation on a regular basis which should not be necessary.

If your hearing is unaffected there is no need to do anything about ear wax.

If your hearing is affected by ear wax treatment with olive oil has been clinically proven to be safe and effective treatment.



## Using Olive Oil to treat hearing loss due to Ear Wax

Olive oil drops should be instilled twice a day for at least 14 days.

Olive oil can be purchased in small bottles along with a dropper in any pharmacy, the olive oil you use for cooking is fine to use.

- ◇ Lie down with the affected ear uppermost
- ◇ Drop 2 or 3 drops of oil (at room temperature) into the ear canal and massage just in front of the ear and pull the outer ear backwards and upwards — this enables the oil to run down the ear canal.
- ◇ Stay laying down for 5 minutes and then wipe away any excess oil
- ◇ Do not leave any cotton wool at the entrance of the ear

Repeat if necessary with the opposite ear.

After the ear is clear — regular usage a couple of times per week should keep the ear clear.

## What if your hearing is still affected?



*Please read this section carefully if you need to know what to do next.*

**If consistent use of olive oil for at least 2 weeks has failed to clear the wax you may wish to consider arranging an appointment with the *Nurse Practitioner* for further assessment.**

**If you have a history of previous ear problems** including recurrent ear infections, or an ongoing perforation of the ear drum you should not have ear irrigation and you should make an appointment with the *Nurse Practitioner* for assessment.

**If you have been asked by a hearing test provider or audiology to have your ears cleared prior to a hearing test and your ears have not cleared with olive oil you should re-contact them and inform them that ear syringing is not available at the practice.**

**There is no need to see a doctor about the management of ear wax.**