

Ball Tree Surgery

Guidance for Ear Wax



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

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:

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