

Ear Irrigation Services Update & Advice

From time to time the Practice has to review the services that it offers to patients.

As a result of this we have decided that at present we will no longer be able to offer the Ear irrigation service.

We have put together some advice for those patients that are having problems with blocked ears due to ear wax.

[What to do if you think your ear is blocked*](#)

Do not try to remove a build-up of earwax yourself with your fingers, a cotton bud or any other object. This can damage your ear and push the wax further down. If the earwax is only causing minor problems, you can try buying some eardrops from a pharmacy. These can help soften the earwax so that it falls out naturally.

There are several different types of eardrops you can use, including drops containing sodium bicarbonate, olive oil or almond oil. However, eardrops aren't suitable for everyone and some can irritate the skin. For example, eardrops shouldn't be used if you have a [perforated eardrum](#) (a hole or tear in your eardrum). Speak to your pharmacist about the most suitable product for you and make sure you read the leaflet that comes with it.

[When to see your GP](#)

Contact your GP surgery if you have particularly troublesome symptoms or eardrops haven't helped after four weeks.

Your practice nurse will look inside your ears to check if they're blocked and might carry out some simple hearing tests.

They may suggest using eardrops for a bit longer. If this treatment is not suitable or does not help, your GP may refer you to the ENT department of your nearest hospital for more specialised treatments such as microsuction or an aural toilet.

*<http://www.nhs.uk/conditions/earwax/pages/introduction.aspx>