

General Ear Care Advice

CARING FOR YOUR EARS

Wax is normal, it provides protection for your ears.

If you use cotton buds to try to remove wax, it pushes the wax further into the ears. Never use Cotton buds, hair grips, matches or insert anything into your ears to try and remove wax. It can cause infection or perforation of the Tympanic membrane (Ear Drum).

If you have repeated problems with wax blocking your ears, using olive oil drops regularly may prevent this.

Your ears should only be cleaned by a nurse trained in ear care as she is able to see into the ear canal— you are unable to do this.

It is advisable not to leave cotton wool in your ears unless advised to by your ear care nurse.

Wear ear plugs when swimming.

If you have dry skin or runny ears, having them cleaned regularly will help their health.

Wear ear defenders where possible if exposed to loud noises. Prolonged exposure to noise can cause long term hearing loss.

If you have problems with your ears, seek advice from someone medically trained in ear care.