

Ear Irrigation may not be advised if you have certain ear problems. In particular, if you:

- Have had complications following this procedure in the past
- Currently have grommets in place. (Grommets are small plastic tubes placed in the eardrums in an operation)
- Have had ear surgery in the past (apart from grommets that have come out at least 18 months previously and you have been discharged from the hospital ear department)
- Have a cleft palate (even if it has been repaired)
- Have an ear infection or have had an ear infection in the previous six weeks
- Have recurring infections of the ear canal (recurring otitis externa)
- Have, or have had, a burst or perforated eardrum

**Please note that the doctors do not recommend ear syringing and would advise regular use of eardrops to deal with earwax.**

# The Lennard Surgery

## Ear Irrigation Information



### ***What is earwax?***

Earwax forms a protective coating of the skin in the ear canal and minute amounts are made continually. The quantity of earwax varies from person to person and may cause a feeling of fullness and dullness in hearing. A plug of wax is not serious, but can be a nuisance. Do **not** try to clean the ear canal with cotton wool buds. This only pushes the wax in further – let the ear clean itself.

***What can I do if there is a build-up of wax causing problems?***

Eardrops alone will often clear a plug of wax, and you can buy drops from the pharmacist, e.g. sodium bicarbonate, almond oil, or olive oil

**Ear syringing:**

- If the eardrops have been used regularly for 4 weeks and the problem persists, then ear syringing can be carried out. However, not everyone will be eligible for Syringing on the NHS.
- Ear syringing allows the ear canal to be irrigated with lukewarm water, which will dislodge the softened wax.
- You may experience some dizziness after this procedure, but this quickly settles.

If you:

- Wear hearing aids
- Have significant Learning difficulties
- Have Dementia
- Have problems with communication
- Need an ear syringe for an audiology assessment, following a GP referral

Then you will be able to book with one of our HCAs who can check your ear drum, and then arrange your

Procedure with the Practice Nurse. We cannot book you for an ear check if you do not meet the above criteria.

You can arrange and pay for a Private Ear irrigation.

Below is a list of some local providers:

Bupa—0333 920 5200

Spire Hospital—0117 321 1713

Specsavers Audiology—0117 923 1839

Keynsham Hearing Centre - 0117 986 4242

We do not recommend a specific provider and you will need to contact the above services directly for more information and prices.

You can also speak to your local pharmacy for more information— Please ask Reception to refer you to the Pharmacy of your choice for a free consultation.