

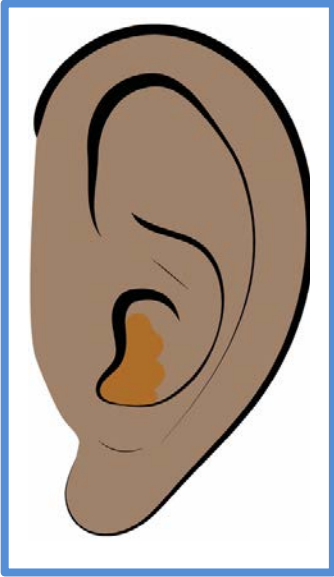
Information for patients and carers



Ear Wax

Easy Read

What is ear wax?



Ear wax is normal. It helps stop dirt, dust and germs getting in your ear. Sometimes this can become too much and make your ears blocked.

What to do if you have ears blocked with wax

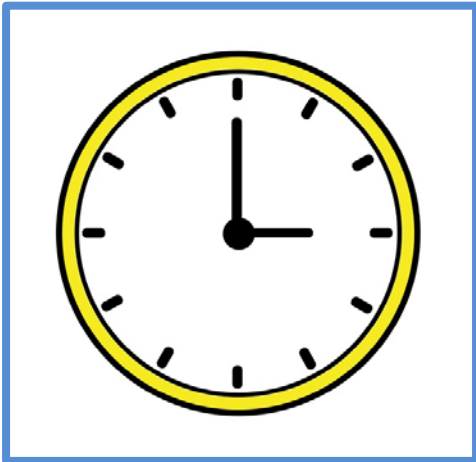


Use ear drops for 3-5 days to soften the wax. You may need to get help with this. You can ask your doctor what ear drops to use.

How to put eardrops in



It may be easier if someone can help you. Sit with your head on one side or lie on your side. Put the drops into your ear canal.



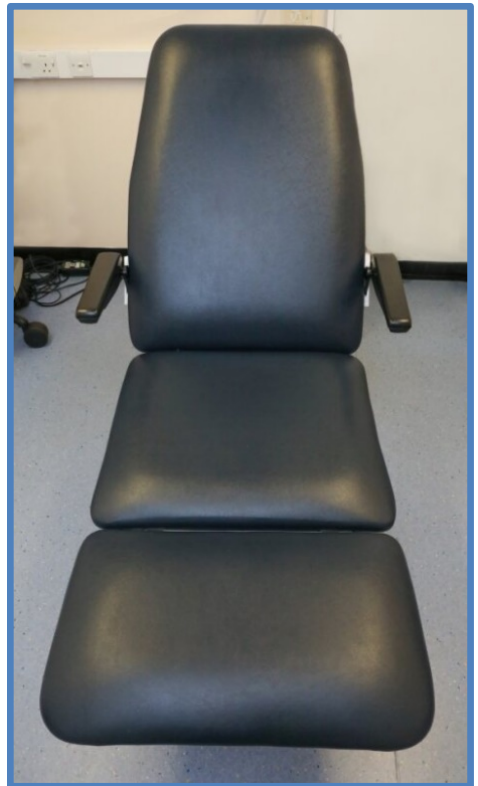
Stay with your head on one side for 15 minutes before putting drops in the other ear.

Wax removal appointment



The hearing specialist will greet you and take you into a clinic room.

You will be asked to sit on a couch, or you can stay in your wheelchair if you have one.

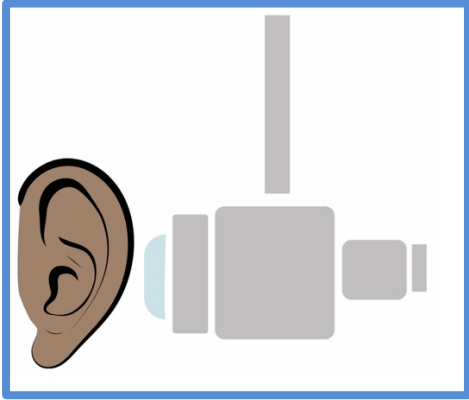




The hearing specialist will look in your ears with an otoscope to see if the wax can be removed. This will not hurt.



The otoscope can help see ear wax or ear drum problems.



The hearing specialist will use a special microscope to see in your ear.



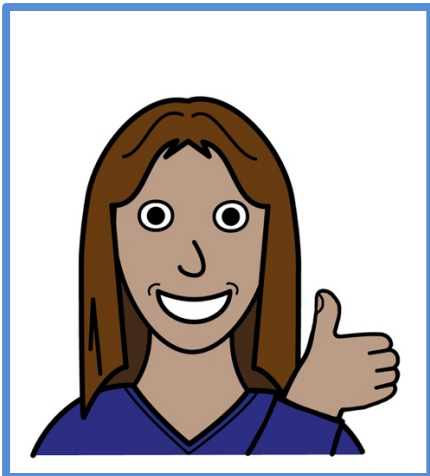
They will then use a special tube or tool called a curette to remove the wax from your ear.



This might sound funny and feel funny in your ear. It will not hurt.



The appointment will last about 30 minutes. You can have a break if you need one.



You should be able to hear better when the wax has been removed.

Contact details

Should you require further advice or information please contact:

Audiology Department (Hearing and Balance Service)
Royal Preston Hospital
Sharoe Green Lane
Fulwood
Preston
PR2 9HT

Telephone: **01772 522751**

Email: hearing.balance@lthtr.nhs.uk

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

www.accessable.co.uk

<https://c2hearonline.com/>

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If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**

Please ask a member of staff if you would like help in understanding this information.

This information can be made available in large print, audio, Braille and in other languages.

With thanks to LYPFT, Getcheckedout (LEEDS AND YORK PARTNERSHIP NHS FOUNDATION TRUST) for allowing the use of some images used in this leaflet.

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