

## FRAMFIELD HOUSE

### EAR SYRINGING APPOINTMENTS

Previous ear syringing allows patients to be booked direct into Nurse ear syringing slots. New requests for ear syringing require assessment by a Nurse or GP. Once they have been assessed the correct preparation of your ears must be carried out.

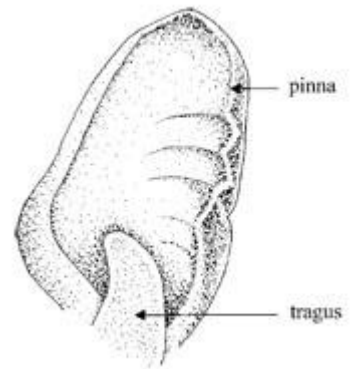
Buy a 'dropper' bottle of olive oil from your chemist.

#### INSTALLATION OF EAR DROPS:

Preparation for wax removal or to encourage normal expulsion of wax from the outer ear.

#### WHEN USING OLIVE OIL DROPS:

- 1 Lie down on your side with the affected ear uppermost.
- 2 Drop 2 or 3 drops of room temperature oil into the ear canal twice daily for 2 weeks . Massage the tragus just in front of the ear and pull the pinna backwards and upwards. This enables the oil to run down the ear canal.
- 3 Stay lying down for 30 minutes and then get up and wipe any excess oil. **DO NOT** leave cotton wool at the entrance of the ear.
- 4 Repeat the procedure with the opposite ear if you also have a wax problem there.
- 5 Let oil run into ear overnight.



The Surgery offer a limited number of appointments for this service.

If there are no available appointments you will be added to a waiting list and contacted when an appointment becomes available.

There is a product available that you can use to remove ear wax at home yourself. The Ear Bulb is available to purchase in Pharmacy and a Clinician can happily explain how to use this.

Alternatively there are Private Health Providers who offer this service at a charge. Reception can give you advice on this.