

### **Treatment for blocked ears**

You have been advised that treatment is necessary to help clear your wax. For ease, comfort and safety earwax should be softened prior to removal.

For micro-suction we need the earwax to be softened with ideally ordinary olive oil, this can be plain olive oil from your kitchen stock, or from the chemist with a little pipette. You can also buy an olive oil spray called EAROL if you find putting the drops into your ears hard or do not have anyone who can help, you may find this much easier.

#### **If using olive oil from your kitchen stock**

1. You will need an assistant to help place the olive oil in the ear if using a spoon.
2. Place one drop of olive oil on a warm teaspoon; the heat from the spoon will warm the olive oil and make it more viscous
3. Ask your assistant to drop this warm oil from the teaspoon into your ear canal, whilst lying down on your side. Then repeat with a second drop. Stay there for 10 minutes. There is no need to put cotton wool into the ear canal as the olive oil will go straight into the cotton wool, defeating the desired effect.

**If using the pipette olive oil** again lie down on your side and have 2 drops into your ear and stay there for 10 minutes. Again there is little/no need to put cotton wool into the ear canal as the olive oil will go straight into the cotton wool, defeating the desired effect.

**If using EAROL spray** twice into the effected ear.

If treating both ears repeat on the other side.

Repeat this at least twice daily for ideally 10-14 days before your micro-suction appointment.

It is important to follow this procedure prior to your appointment as suction is not possible on hard earwax. There may be a temporary shift in hearing ability due to the olive oil blocking the canal further but this will be relieved by the removal of the earwax by micro-suction.

Do NOT be tempted to poke and prod in the ear, this can actually push the impacted wax further down the canal and make it more difficult to remove as well as potentially damage the ear canal and ear drum.