

The Tile House Surgery
33 Shenfield Road
Brentwood, Essex, CM15 8AQ



PATIENT ADVICE PRIOR TO EAR IRRIGATION

- Please make an appointment to see our Practice Nurses.
- For 5 days prior to your appointment insert 2-3 drops of olive oil (not cooking olive oil) or olive oil ear spray (EAROL) into the affected ear twice per day. The spray gives a more even distribution of olive oil and is very easy to use. EAROL is not available on prescription but both EAROL and Olive Oil Drops can be purchased from pharmacies.
- The correct temperature for olive oil ear drops or spray is the same as body temperature. This can be achieved by placing the bottle in a pocket of clothing you are wearing for 20-30 minutes before using.
- DO NOT insert cotton wool into the entrance of the ear canal after oiling as this can reduce the effectiveness of the oil.
- The Practice Nurse will go through a checklist with you to make sure ear irrigation is appropriate. If it is not appropriate she will refer you to your GP for further assessment.
- **IF YOU ARE FLYING IN THE NEXT 2 WEEKS WE CANNOT IRRIGATE EARS BEFORE YOU TRAVEL.**

If you have any further questions do not hesitate to ask one of our Practice Nurses

PATIENT ADVICE POST EAR IRRIGATION

- The ear canal may be vulnerable to an ear infection after irrigation. This could be caused by removal of all the wax, which has inherent protective properties for the ear canal. If you develop pain, dizziness, reduced hearing or discharge from the ear after the procedure, consult your GP.
- Until the ears produce more wax, to protect the canal, keep the ear(s) that have been irrigated dry from entry of water for a minimum of 4-5 days after the procedure.
- To keep the ears dry when you are washing your hair, showering, bathing or swimming insert ear plugs, or a fifty pence size piece of cotton wool coated in petroleum jelly, into the outside of the ear canal(s) to act as a protective seal. DO NOT push the cotton wool down into the canal or it may become difficult to remove.
- One drop of olive oil or EAROL spray can be used on a weekly basis to moisturise the ears and keep the wax at bay.