

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



## **Microsuction**

The Tile House Surgery, along with many GP practices in the UK, no longer carries out routine ear irrigation. Ear irrigation can cause complications such as ear infections, perforation of the ear drum & tinnitus (persistent noise).

This leaflet will answer some of the questions you may have about the ear, and the procedure called microsuction.

### **What is microsuction?**

Microsuction is one of the safest methods to clean the ear. The audiologist treating you looks at your ear using a microscope. This magnifies the ear, making it easier to assess and treat. A suction device is used to clean the ear without the use of water. The gentle suction device works in a similar way to a vacuum cleaner and although it can be quite noisy, it is quick and painless. If the object being removed is hard, then removal can be slightly uncomfortable.

When microsuction is being used to remove wax, then the procedure tends to be less uncomfortable if a wax softening spray (for example, Earol® olive oil spray which can be purchased over the counter) is used for two nights before, and on the morning of, the appointment.

### **How can I look after my ears?**

Do not use cotton buds, scratch or poke your ears. The ear canal naturally cleans itself and when you fiddle with the ears you are more likely to cause them problems such as a build-up of wax or an ear infection.

To clean the outside of the ear use a dry tissue or alcohol-free baby wipes around and behind the ear after showering or bathing.

Make sure you never use cotton buds, tissues or material to soak up any moisture in your ears. Let them dry naturally.

If your ears feel itchy or you have suffered from an ear infection avoid getting water, soap or shampoo into the ear canal when having a bath or shower. Place a piece of cotton wool about the size of a 50p coin, coated with white soft paraffin (which you can buy at a pharmacy), at the entrance of both ear canals.

Do not push the cotton wool down into the ear canal as it may be difficult to remove.

To keep your ears dry when swimming, you may consider wearing a tight-fitting swimming hat over your ears. Headbands are also available to protect the ears from water. This will also help to keep cotton wool or earplugs in place.

If you suffer from frequent ear infections, it may be helpful to visit an audiologist (a specialist ear and hearing problems) and have an impression taken of your outer ear for swimming plugs. The plugs create a seal against water entry.

If you wear a hearing aid, wash the mould daily in warm soapy water while you are having treatment. Discuss with your hearing aid provider the benefit of the mould being vented (having a hole in the mould to allow air into the ear canal when wearing the aid) or having a hypo-allergenic mould, which contains material less likely to cause a reaction with the skin.

If you suffer from itchy or dry skin in your ear canals speak to your local pharmacist or a healthcare professional about treatments available.

Do not to use over-the-counter products if there is a chance that your eardrum may be perforated (have a hole in it).

### **Places where I can access microsuction**

#### County Hearing

41 Ongar Road Brentwood, CM15 9AU

01277 264938

[www.countyhearing.co.uk](http://www.countyhearing.co.uk)

#### Specsavers Romford

90 South Street Romford, RM1 1RX

01708 724475

[www.specsavers.co.uk](http://www.specsavers.co.uk)

#### Specsavers Chelmsford

92/93 High Street, Chelmsford, CM1 1DX

01245 600000

#### Specsavers Basildon

58/60 Town Square, Basildon, SS14 1DT

01268 274444