

AURIS

MICROSUCTION

EAR WAX REMOVAL

Post Treatment Advice Note

You may find your ear(s) take a few hours to settle down or to adjust to your new hearing levels, especially if you have not heard well for a long time. Your voice may sound different to you too! If it was a difficult or 'impacted' extraction, they may also be a bit sore for a few hours. Taking ibuprofen, paracetamol or your preferred pain-killer, will help. You will be slightly more vulnerable to developing an infection for the first two/three days after treatment. This is because a) ears do not like to be disturbed, and b) all of the wax will have been removed (a little in the right place is protective!) Very occasionally, minor trauma, (similar to a graze or a bruise), can be caused to the ear canal during treatment, more so in difficult wax extractions.

However, if it does occur, the ear will heal very quickly. Occasionally, patients may experience tinnitus (ringing in the ears), immediately after treatment. This is usually caused by the volume of the suction, and every effort will have been made to reduce the noise by using finer instruments. It usually settles within a few hours.

Immediate aftercare advice. (first two/three days):

- Keep your ears dry. This will minimise any potential risk of infection developing.
- Do not expose your ears to loud noise, especially immediately after treatment.
- If your ear(s) have been blocked for a long time you may find it more comfortable to wear a hat or scarf until your ears get used to having air in them again!
- If pain develops consult your GP (or Practice Nurse), as you may need antibiotic drops for a few days.

General and long-term ear care advice:

- The use of olive oil (drops or spray), just once or twice a month, (only one drop), will help to keep your ears in good condition and help them to self-clean the way they were designed to.
- Hearing can be damaged by exposure to loud noise so always wear ear defenders.
- Never put anything like cotton buds in your ears as this stimulates the glands to produce more wax to protect them.
- You also risk pushing the wax down further causing potential impaction, trauma and infection.

Sister Kay Lewis RGN

**Rotherham Accredited
in Microsuction Ear Wax Removal**