

# CROYDON HEARING

Charity for hearing loss

## Earwax Build-up

Earwax usually falls out on its own. If it does not and blocks your ear, put 2 to 3 drops of medical grade olive or almond oil in your ear 3 to 4 times a day. Do this for 3 to 5 days.

It is recommended that you use a dropper while lying your head on one side for a few minutes to let the oil work its way through your ear canal(s).

You may find it easier to do this first thing in the morning and then just before you go to sleep.

Over about 2 weeks, lumps of earwax should fall out of your ear, especially at night when you are lying down.

It is always best to follow the instructions on the label of the oil that you use.

**CH TOP TIP:** You can place damp cotton wool onto the ear for ten minutes. This will prevent the oil running straight out of your ear in the event that you need to move.

**Do not use drops if you have a hole in your eardrum (a perforated eardrum).**

### OTHER SOLUTIONS

You can be referred into the NHS for the following services.

- ✓ **Ear Irrigation:** Flush wax out of your ear with water.
- ✓ **Microsuction:** Suck the earwax out with a vacuum.

Alternatively these services can be accessed privately.

**Do not use your fingers or any objects like cotton buds to remove earwax.**

**This will push it in and make it worse.**

## Earwax Prevention

You cannot prevent earwax. It is there to protect your ears from dirt and germs, but you can keep using eardrops for a few days to soften the wax. This will help it fall out on its own and should prevent blocked ears.

## Earwax and Hearing Aids

If you wear a hearing aid you may have noticed a build-up of earwax, also known as cerumen, on the ear mould or dome. An excess of earwax can:

- ✓ Damage a hearing aid.
- ✓ Cause hearing aid feedback.
- ✓ Reduce the effectiveness of the hearing aid by blocking sound.
- ✓ Cause a poor fit.
- ✓ Cause (further) hearing loss.

Hearing aid users are at especially high risk for earwax build-up. The presence of a foreign object in the ear seems to stimulate more wax production by the cerumen glands. The ear is normally self-cleaning but for hearing aid users the earwax may not dry and exit the ear as much as usual.

### WHO CAN YOU SPEAK TO IF YOU ARE CONCERNED

- ✓ Your Pharmacist.
- ✓ Your GP.

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