



AURES EAR HEALTH

GUIDANCE AND INFORMATION

Preparing for Ears for Your Appointment

Ensuring a safer, smoother procedure

It is recommended in the NICE guidelines NG98,(which are evidence based best practice recommendations) that your ears are prepared with a wax softening agent for 4 to 5 days before your appointment for wax removal. We have found that good preparation improves the wax removal results and usually leads to a straightforward, safe and pain free procedure.

We recommend that you use simple olive oil with either a dropper or the spray version to prepare your ears. You can purchase these at your local chemist or supermarket. You will need to instil 2 drops/sprays of room temperature olive oil at least once, but preferably twice, a day. This includes the day of your appointment.

The procedure will be easier if you lay down and gently pull your ear backwards and upwards to straighten out the ear canal. Drop 1 or 2 drops into your ear canal and gently massage the area in front of your ear. Remain lying down for 10 minutes and then wipe away any excess oil when you sit up.

DO NOT put any cotton wool in your ear after the drops as this will just absorb the oil and stop it working properly.

Repeat the procedure on the other ear if needed.

The spray olive oil is easier to use if you are alone or have mobility issues as you do not have to lay down to apply it. It is also easier to use with children who often will not lay still for the required 10 minutes.

Olive oil drops are **not recommended** if you have a current **infection** of the ear canal, otitis externa. For all other situations it will be fine to use. Some people find the spray version more comfortable.