



AURES EAR HEALTH

GUIDANCE AND INFORMATION

IRRIGATION AFTERCARE ADVICE

Avoiding water in your ears is very important after ear irrigation. Be especially careful to not allow water in your ears for 5 to 7 days after the procedure when bathing or swimming, this will minimise any potential risk of infection developing.

Use cotton wool to plug the entrance to your ear canal, then smear it on the outside with vaseline/petroleum jelly to create a good waterproof seal. Remember to remove it after your shower! Waterproof ear plugs can also be used.

If you are a frequent swimmer, it may be useful to buy some swim plugs. You can buy made to measure swim plugs from various companies on the internet and also a silicone product called 'swim putty' that you use at home to create shorter lasting ear plugs yourself.

Do not use cotton buds in your ears for any reason. They are very drying to the ear canal and can break off and become lodged in your ear, requiring irrigation treatment again!

If you have any problems or concerns after having wax removal, such as pain, discharge from your ear or your hearing does not return to normal, please contact Aures Ear Health or your GP surgery / or 111 for further advice.