



AURES EAR HEALTH

GUIDANCE AND INFORMATION

How can you remove excess wax?

There are a few different ways that trained health professionals can remove built up levels of wax, debris, discharge and foreign bodies (something that is stuck inside your ear but isn't supposed to be there) from your ear. They are:

Instruments

Instruments especially designed for ear care can be used. If the wax is near the entrance to your ear canal then it may be carefully removed with disposable instruments and a microscope.

Potential risks of using these instruments are uncommon, 1 to 10 people in 1000, and they include:

trauma (damage)

bleeding

infection

The ear health professional will make sure everything is done to prevent and minimise this risk.

Irrigation (previously known as ear syringing)

Irrigation uses warm water flushed into your ear canal using an electronic ear irrigator machine. This is at a controlled pressure to gently wash out any wax and debris. Once clear, the ear canal is dried/mopped with an absorbent wick to remove any remaining water.

You will be advised to soften your ear wax before the appointment by applying olive oil drops or spray as directed by the ear health professional.

There are some situations when irrigation cannot be used. They are:-

- If you had any problems following Irrigation previously
- You have an ear drum perforation, healed or not
- You had a middle ear infection in the last 6 weeks
- You have had previous ear surgery
- You have pain/tenderness of the ear at the time of your appointment
- You have a history of a mucous discharge in the last year
- You have a history of cleft palate repaired or not
- You have any abnormalities of the ear canal
- You have hearing in only one ear, and that is the one to be treated.
- You cannot sit still throughout the treatment process

As with all procedures there are some risks however, these are uncommon, 1 to 10 people in 1000.

Potential risks from irrigation include:

Trauma (damage) to your eardrum

Bleeding

Vertigo (dizziness)

Tinnitus (buzzing or ringing in your ears)

Infection

The ear health professional will make sure everything is done to prevent and minimise these risks.

Microsuction

A microscope is used to look into your ear canal and a small suction tube can be used to vacuum or Hoover out the debris.

Anyone can have Microsuction, as long as you are able to sit still throughout the procedure. Microsuction is used for people who cannot safely or easily have the irrigation or instrumentation methods.

Microsuction can be noisy and you may feel some odd sensations, there may be some slight discomfort, but it should not be painful.

Ear preparation with olive oil is recommended before Microsuction.

As with all procedures there are some risks however, these are uncommon, 1 in 100 to 1 in 1000 people.

Potential risks from Microsuction include:

Trauma (damage) to your eardrum, very rare, less than 1 in 10,000.

Bleeding, common, 1 in 20 people.

Vertigo (dizziness) uncommon, 1 in 100 to 1 in 1,000 people.

Noise levels can cause temporary hearing changes uncommon, 1 in 100 to 1 in 1,000 people.

Noise levels can cause permanent hearing changes, very rare, less than 1 in 10,000 people.

Infection, uncommon, 1 in 100 to 1 in 1,000 people.

Noise levels from this procedure can make existing tinnitus (buzzing or ringing in your ears) worse or in rare cases it can trigger newly presenting tinnitus, uncommon, 1 in 100 to 1 in 1,000 people.

The ear care professional will make sure everything is done to prevent and minimise these risks.

If you think you may have excess ear wax build up then get in touch with Aures Ear Health to book an assessment appointment.