

## EAR WAX

Ear wax is a normal product of the ear.

After it is produced it slowly makes its way to the opening of the ear canal.

It then either falls out or is removed when you wash, you can clean the opening of your ear gently with a flannel.

Some people produce more ear wax than others.

A build-up of wax is more likely to occur in older adults and people with hearing aids, or have a narrow ear canal.

### Olive oil ear drops

Olive oil encourages the natural movement of wax from the outer ear.

It is advisable to buy a bottle of olive oil and dropper from the chemist

If you have continued problems with excessive wax it may be beneficial to use.

1. Lie down on your side with the affected ear upwards
2. Instill the olive oil at room temperature into the affected ear canal and gently massage the area in front of the ear
3. Remain on your side for 5-10 mins
4. Wipe away any excess oil, **only if needed** dip cotton wool in small amount of oil and put in ear at night
5. Repeat the procedure with the opposite ear if necessary
6. Use 2-3 drops for up to 3-4 weeks.

If you have any pain, smelly discharge or inflammation (swelling) of the ear, you should seek medical advice