

Preparing for your earwax removal appointment

At Kent Hearing we remove earwax by microsuction, using a microscope. This is safest, quickest and most advanced earwax removal technique available today. To ensure you get the most from your earwax removal appointment, please follow the simple steps below.



- Check that you definitely have a build-up of earwax, as it is possible your symptoms could be due to another condition. A quick visit to your GP practice nurse will confirm whether this is the case. This is particularly important if you have not had earwax before. There is a charge for all our appointments and we do not want to charge you if no treatment is required.
- Put a few drops of olive oil into your ears each night for 2-4 days before your appointment. This will soften the earwax in your ears and will help ensure that we will be able to treat you as effectively and quickly as possible. It will also minimise any potential discomfort you may feel.

- Do not use any other products to help soften your earwax, e.g. Sodium Bicarbonate, unless your doctor or physician has advised you to do so. In particular, do not use cotton buds, Hopi candles or any other foreign objects to try and remove your earwax, as this may cause lasting damage.
- Please arrive in good time for your appointment. This will ensure that you get the best quality of treatment possible.

We look forward to seeing you!

Useful post-treatment advice for earwax removal patients

To get the best on-going results from your treatment, we recommend taking the following simple steps:

- Try to keep your ears dry for at least 48 hours following your appointment. Allowing them to get wet could cause irritation or infection.
- Take particular care when you are showering or bathing and consider buying a pair of swim plugs to stop water getting into your ears. Be careful also when using shampoo, shower gels or hairsprays, as these may also cause infection or irritation if they get into the ear canal.
- To help reduce the chances of any future build up of earwax, use an olive oil spray, for example Earol, in both ear canals once a week before going to bed. You can purchase these from most chemists.. This will lubricate the skin in your ears and stop earwax from building up.
- Never use cotton buds, Hopi Candles or other foreign objects to try and remove earwax. These can cause harm to the ear canal and may result in earwax becoming more compacted and both difficult and painful to remove.

Finally, don't forget your next appointment! Kent Hearing will send you a reminder either by email or by text as you have specified. Should you need to see us before hand or if you have any questions about your treatment, please call us on 01732 525912.

We hope you find this information useful. If you require further advice, email info@kenthearing.com or call us on 01732 525912

