

Providers of ear wax removal

We are unable to recommend any specific private provider of ear wax removal but we are aware of the following services locally:

Specsavers Chesterfield

01246 222334

Microsuction– use olive oil 2 weeks prior to procedure

The Chesterfield Hearing Practice

Market Hall Chesterfield

01246 901250

Microsuction

Home visits available at additional cost

Stephen Toon Hearing Clinic Clay Cross

01246 766912

Home visits available at additional cost

We are not affiliated with any of these services.

Hearing tests

If you are over 55 you do not need a referral from a doctor for an NHS hearing test.

You can make an appointment for a free hearing test by ringing your choice of the following providers:

- **Scrivens** 0800 0275102
- **Specsavers** 01246 222334
- **Chesterfield Royal Hospital Audiology** 01246 514403

Accessible information

If you require this information in a different format please inform Reception.



EAR CARE



This leaflet is to guide you in self care of your ears.

Ear irrigation is available at Chatsworth Road Medical Centre only in specific circumstances where self care has failed.

Ear Wax

Ear wax is normal - it is designed to trap things like dirt or dust and acts to protect the lining of the ear. It's produced continuously and gradually moved towards the entrance of the ear by the self-cleaning mechanism of the skin and the actions of the facial muscles.

Using cotton buds, matchsticks or hair clips to try to clean out the ear canals is one of the most common causes of impacted wax and should be avoided.

Some people become accustomed to having their ears cleared by irrigation on a regular basis which should not be necessary.

If your hearing is unaffected there is no need to do anything about ear wax.

If your hearing is affected by ear wax, treatment with olive oil has been clinically proven to be a safe and effective treatment.

Using olive oil to treat hearing loss due to ear wax

Olive oil drops should be instilled twice a day for at least 14 days.

Olive oil can be purchased in small bottles along with a dropper in any pharmacy – the olive oil you have for cooking is fine to use.

- Lie down with the affected ear uppermost
- Drop 2 or 3 drops of oil (at room temperature) into the ear canal and massage just in front of the ear and pull the outer ear backwards and upwards.
This enables the oil to run down the ear canal.
- Stay lying down for 5 minutes and then wipe away any excess oil
- Do not leave any cotton wool at the entrance to the ear.

Repeat if necessary with the opposite ear.

After the ear is clear—regular usage a couple of times per week should keep the ear clear.

What if your hearing is still affected ?

If consistent use of olive oil for at least 2 weeks has failed to clear the wax you can either:

a) Consider arranging to have ear irrigation **at a private clinic**—you will be seen quickly but will have to pay for the service. Details of some clinics on reverse.

Or

b) See our **nurse practitioner** for assessment and possible Ear irrigation . There may be a wait for this service.

If you have a history of previous ear problems including recurrent infections, or chronic perforation of the ear drum you should not have ear irrigation , and you should make an appointment with the **nurse practitioner**.

If you have been asked by a hearing test provider or audiology to have your ears cleared prior to hearing testing **and** your ears have not cleared with olive oil you should re-contact them and inform them that ear irrigation is not available at the practice in this circumstance.

There is no need to see a doctor about the management of ear wax.