

PATIENT INFORMATION LEAFLET

GENERAL INFORMATION

The build-up of cerumen (ear wax) in the external auditory canal frequently causes symptoms such as blocked ear, decreased (or muffled) hearing, pain, itching or ringing. These symptoms are particularly distressing to elderly or disabled people who may already have compromised hearing or be experiencing changes in functional ability (1)

MICROSUCTION IS THE GOLD STANDARD PROCEDURE FOR THE **REMOVAL OF EARWAX**

Aural care aims to remove earwax that is causing problems. The most up to date academic research (2, 3, 4, 5) concludes that this should be done by microsuction.

The NICE guidelines (NG98 of June 2018 (6)) advise that this should be managed in primary care settings with no need to see secondary Ear Nose & Throat teams (7).



ASSESSMENT & PROCEDURE

Assessment for the presence of wax in the ear canal is free and it is part of the treatment offered in our services. In some cases, it will be necessary for us to record a video clip or take a photograph of your ear before, during and after the procedure depending upon findings at the initial the assessment. This will be discussed with the patient.

Although a single 15-minute consultation is usually enough to deal with the problem and carry out the procedure, occasionally more than one visit may be needed

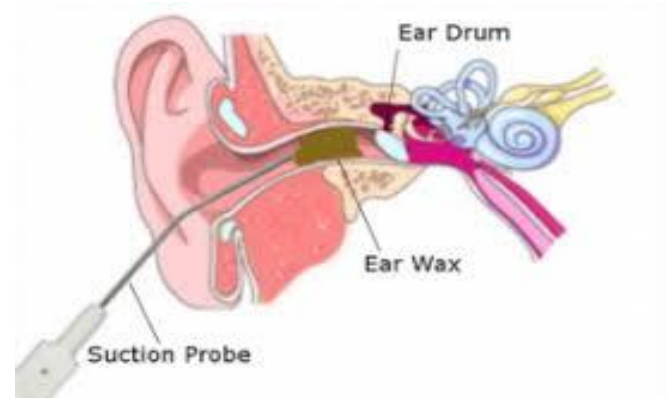
EQUIPMENT

The equipment, devices and disposable items used for microsuction comply with UK and EU regulations. We ensure cleanliness and infection control are kept to high standards as per the relevant regulations. The equipment we use includes:

- Cutting edges loupes with appropriated magnification that enables the doctor to look straight into the ear canal while carrying out the procedure.
- Plastic single used aural speculum (funnel shape device) of different sizes
- A low-pressure suction unit that assists with gentle removal of the offending cerumen or foreign body (such as a cotton bud).
- Very occasionally the use of other instruments is required to finish the job especially when earwax is very hard.

Compared to other forms of ear wax removal (4,5), microsuction is a technique that is clean, safer, syringe-free, better tolerated, as well as efficient and effective (6,7). The use of earwax softener drops is not essential before treatment but advisable when possible. This will lessen any ill-effects experienced during the procedure (8,9).

All our instruments are single use and disposable. We endeavour to keep high standards of cleanliness. For further information, please refer to the literature of the leaflet and our website (www.essexears.com)



CONTACT US

To make an appointment phone or text us on [07444016163](tel:07444016163). You can also book online at www.essexears.com or send your email at info@essexears.com

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