



The Clear Ear Dr MK
Dr Hopeson Alifoe

The Treatment Rooms- Alternatives Clinic
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PATIENT INFORMATION SHEET – DEALING WITH WAX REMOVAL

Your doctor or nurse might have suggested ear removal by Microsuction. Preparation is important to ensure good results, the wax should be easier and quicker to remove and cause less discomfort. Treating your ear with olive oil for 7-10 days beforehand will help this.

Please check with the Practitioner before you start using olive oil treatment if you have had:-

- Any operation on your ear including repair of a cleft palate
- Any ear infection in the last 6 weeks
- A perforation of the eardrum
- Grommets in the last 18 months
- A sudden hearing loss

Fast acting wax dissolvers such as Cerumol may work, but they can cause irritation or allergic reactions in the ear canal. Olive oil has been shown to be just as effective without the risk of causing reactions.

A readymade olive oil spray, Earol can be effective. Some people find the use of Otex (hydrogen peroxide based) or Earex (Sodium Bicarbonate solution) can help. Always read the label.

RECOMMENDED METHOD

Warm olive oil gently by standing the bottle in some hot water for about 2 minutes

Test the temperature of the oil, before filling a dropper. (The dropper can be purchased from any good chemist)

Lay on your side with the affected ear upper most. Sitting in a chair with your head tilted is not as effective because when you straighten up, most of the oil will run out.

Pull the ear upwards and outwards to help to straighten the ear canal.

Fill the ear canal with the oil

Massage the flap of skin in front and behind the ear. This will help the oil go down the ear canal as far as possible

Try to stay on your side for 10- 15 minutes to allow the oil to soak into the wax.

Wipe away any spare oil when you get up. Try not to plug the ear with cotton wool, as it can soak up the oil instead of the wax getting the benefit

Repeat the process every evening for at least 7- 10 days. For quicker results, twice a day is preferable



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A FINAL FEW POINTS

Your hearing might get worse before it gets better. When you first start using olive oil your ear will feel more blocked until the wax starts to disperse.

If both ears are blocked, it could be easier/more manageable to treat one ear at a time, starting with the most blocked ear first. This also applies if you have hearing aids in both ears.

Never use cotton buds to clean your ear canal. It pushes wax down further and compacts it making it harder to removed,

If ear wax builds up too frequently, consider occasionally using olive oil to keep ear blockage at bay.