

# THE MANOR PRACTICE

## What can you do if earwax builds up & causes symptoms?

### Ear drops

Ear drops alone will often clear a plug of earwax.

### Where do you get them?

Talk to your local pharmacist where you can buy drops.

Commonly used drops include:

Olive oil, Almond oil, Sodium bicarbonate, Sodium chloride

### What do you do?

- Warm the drops to room temperature before using them (stand the bottle in the room for about half an hour)
- Pour a few drops into the affected ear (affected ear to face up)
- Stay like this for 2-3 minutes to allow the drops to soak into the earwax
- To prevent the oil running out of the ear gently place a piece of cotton wool smeared with Vaseline into the ear (the Vaseline will ensure the oil works on the wax and does not just soak into the cotton wool). Repeat procedure on other ear if necessary
- You may need to do this for **2 weeks or longer** for it to work

### What to expect?

The earwax is softened and it often breaks up if you put drops in 2-3 times a day for 3-7 days. Flakes or crusts of earwax often fall out bit by bit. You may not notice the wax as it comes out of your ear.

## If ear drops don't work, you should consider one of these non NHS local services who can remove your wax.

### The Hearing Clinic

7 Downlands Parade, Upper Brighton Road, Worthing BN14 9JH, Phone: 01903 204521

[www.thehearingclinicltd.com](http://www.thehearingclinicltd.com)

### Specsavers Opticians Worthing

61/63 Montague St, Worthing BN11 3BN, 01903 215555

[www.specsavers.co.uk](http://www.specsavers.co.uk)

### Sussex Audiology Centre

The Hove Clinic, 40 Wilbury Road, Hove BN3 3JP, 01273 778977

313 Goring Road, Worthing, Goring by Sea BN12 4NX, 01273 627090

Nuffield Health, Burrell Rd, Haywards Heath RH16 1UD, 01273 778977

[www.sussexaudiologycentre.co.uk](http://www.sussexaudiologycentre.co.uk)

### Sight and Sound

16 Queens Parade, North Road, Lancing, BN15 9BA, 01903 753289

**We do not endorse the above providers – this is for information only.**

Guidance adapted from <https://patient.info/health/hearing-problems/earwax#nav-1>  
search online for more information