

Ear syringe Information.

Use olive oil initially, 3 or 4 drops at a time twice a day for at least a 7/10 days to soften the wax; you do not need a prescription for this. Olive oil can be purchased from a pharmacy. Lie down on your side for a few minutes after inserting the drops to let it soak in. Never use cotton wool as this can inhibit the effect of the olive oil.

Irrigation:

This should not be performed if there is an infection present, if there is a history of perforation or if there have been side effects when performed previously. The procedure involves gently squirting warm water into the ear canal via a nozzle. The water dislodges the wax, which will then come out of the ear. Some patients find the procedure quite soothing; other patients describe it as an odd feeling; you should not feel any pain.

Possible complications of irrigation:

Occasionally: infection of the ear canal, transient pain, transient tinnitus (ringing sound). Rarely: Chronic tinnitus (lasting a long time), transient vertigo (dizziness). There is a risk of this procedure causing a perforation/hole to the eardrum.

EAR IRRIGATION CONSENT FORM CHECKLIST: Indicate if you have or ever had:

History of previous problem with irrigation (pain, perforation, severe vertigo)

1. YES
2. NO

History of tympanic perforation (eardrum)

1. YES
2. NO

Grommet in place

1. YES
2. NO

History of ear surgery including mastoid surgery/grommet insertion

1. YES
2. NO

Recent history of middle ear pain /infection

1. YES
2. NO

Suspicion of otitis externa

1. YES
2. NO

Cleft palate

1. YES
2. NO

If you answer YES to any of the above, we cannot undertake ear irrigation

PREVIOUS EAR IRRIGATION: I have had my ears irrigated previously

1. YES
2. NO