

Preparing for your Ear Wax Clinic appointment

Thank you for booking your appointment at the ENT North Ear Wax Clinic.

To make the most of your appointment, we strongly recommend using 4-6 drops of olive oil in the ears, for at least 3 days prior to soften the wax blockage and lubricate the ear canal.

When the ear wax has been softened, this can make the removal more comfortable for you. This also ensures the procedure is as quick as possible and more likely to remove all the wax blockage at the first appointment without the need to return for a second appointment.

Do not apply any ear wax softening drops if you have a hole in your ear drum, including grommets, or if you have been advised specifically by our nurse or a healthcare professional not to do so.

What type of ear wax softening drops to use?

Our nurses prefer that you soften your ear wax using 5 drops of olive oil. You can use the olive oil that you have at home in your ears, or you can buy olive oil from a local pharmacy or supermarket.

Although olive oil is the preferred option for our nurses, other ear wax softening agents from your local pharmacy are suitable.

How to use olive oil drops in the ears

1. Start your olive oil or other ear wax softening drops for at least 3 days prior to your appointment.
2. Lay down on your side and slowly fill your ear canal with the olive oil drops using a syringe or dropper above the opening of the ear canal.
 - Laying on your side allows the olive oil to cover the entire surface of the ear wax and canal.
 - Slowly dropping in the olive oil avoids making an airlock (which can cause the oil to flood out of the ear), you can also assist the oil to go into the canal by gently wiggling your ear.
 - Do not use any cotton buds or other objects inside the ear canal to administer the oil – you do not want to push the wax in further into your ear!
3. Allow the olive oil to soak for at least 5 minutes, preferable while still laying on your side.
 - It may be helpful to do this just before going to bed, so you are laying down while the oil is soaking in.
 - You can use a cotton wool ball in the outer ear to avoid the oil in place.
4. If you can, apply the olive oil drops again on the morning of your appointment.

Preparing children for ear wax removal

If your child is not used to having ear drops, we recommend starting slowly and practicing touching the ears and administering olive oil gently, even just starting with one drop.

For some children, getting used to this can take time so consider starting this practice as soon as possible.