

Children's audiology

Ear wax treatment

Information for patients, relatives and carers

This leaflet explains how to clean your child's ears and get rid of excessive ear wax. It's important to stop ear wax from building up as it can cause a temporary hearing loss.

What is ear wax?

Ear wax or cerumen is natural and is part of the ears way to 'self-clean'. It keeps the ear canal lubricated and also protects the ear canal from dirt and germs.

How do I clean the ear wax?

Please **do not** use cotton buds to clean your child's ear as this this will push it in and make it worse and can even cause hearing loss.

Please **do not** try to remove the ear wax by yourself, especially with any unconventional methods (candles, tools, etc.) as these are extremely dangerous and might cause permanent damage.

Please use the following treatment:

- Olive oil drops
- Sodium Bicarbonate drops 5%*

*Sodium Bicarbonate drops can cause the ear canal to become dry so please don't use them for longer than recommended in the instructions

For the following ear:

- Left
- Right
- Both

When to apply:

- Once a day (bedtime)
- Twice a day (morning and bedtime)

Number of drops:

_____ drops

For: _____ days

Do not use ear drops if your child has an ear infection, has grommets or has a hole (perforation) in the eardrum. If you have any questions please do not hesitate to ask your child's audiologist.

You can find these drops in any pharmacy and you do not need a prescription for them. If you are entitled to free prescriptions then speak to your GP.

We cannot offer you a follow-up appointment to check if this treatment has worked in your child's ear. However, if you want to make sure that your child's ears are free of ear wax, book an appointment with your GP. If the treatment is unsuccessful and your GP service does not provide cleaning of the ears, please contact us and we will offer you an appointment in our microsuction clinic. You will need a referral from your GP.

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3313 0088** (Charing Cross, Hammersmith and Queen Charlotte's & Chelsea hospitals), or **020 3312 7777** (St Mary's and Western Eye hospitals). You can also email PALS at imperial.pals@nhs.net The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street
London W2 1NY

Email: ICHC-tr.Complaints@nhs.net

Telephone: **020 3312 1337 / 1349**

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team:
imperial.communications@nhs.net

Wi-fi

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