

Children's audiology

Ear wax treatment

Information for patients, relatives and carers

Introduction

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. It is part of the way ears 'self-clean'. It keeps the ear canal lubricated. It 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. This will push the wax in and make it worse. It can cause even hearing loss.

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

Please use the following treatment:

- olive oil drops
- sodium bicarbonate drops 5 per cent*

*Sodium bicarbonate drops can cause the ear canal to become dry. So, please do not use them for longer than recommended in the instructions

For the following ear:

- | | | |
|--------------------------------|---|--|
| <input type="checkbox"/> left | <input type="checkbox"/> When to apply | Number of drops:
_____ drops |
| <input type="checkbox"/> right | once a day (bedtime) | |
| <input type="checkbox"/> both | <input type="checkbox"/> twice a day (morning
and bedtime) | For: _____ days |

Do not use ear drops if your child has an ear infection, a grommet or a hole (perforation) in the eardrum.

If you have any questions, please do not hesitate to ask your child's audiologist.

Where do I get the drops?

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

What happens next?

We cannot offer you a follow-up appointment to check if this treatment has worked. Book an appointment with your GP if you want to make sure your child's ears are free of wax.

If the treatment does not work and your GP cannot offer cleaning of the ears, please contact us. 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 3312 7777** (10.00 – 16.00, Monday to Friday). 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.

Or 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

Wi-fi is available at our Trust. For more information visit our website: www.imperial.nhs.uk