



Patient Information Prior to Microsuction

Use of ear drops to soften ear wax

Earwax also known as cerumen can become impacted within the ear causing the following:

- Hearing loss
 - Pain
 - Itching sensation
 - Fullness of the ear
 - Tinnitus - ringing, swishing or unusual noises heard in the ear
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- It is recommended that prior to ear micro suction ear drops are used to soften wax.
 - In some instances, use of ear drops clears the impaction without the need for ear micro suction.
 - Ear drops should be instilled twice daily for at least 3 days before your procedure.
 - Ear drops can be used for up to 7 days before your appointment.
 - While there are many eardrops available that soften earwax, research is inconclusive to which ear drops are best, most people use an over-the-counter preparation from their local pharmacy or a cooking oil such as olive oil.

How to self-administer ear drops

- Perform hand hygiene
- Tilt your head or lie down on your side with the affected ear facing the ceiling
- Gently pull the upper ear up and back
- Instil 2-3 drops (as per manufacturer's instructions) at room temperature into the ear canal
- Massage the tragus as this will assist the oil in moving down the ear canal (see image below)
- Stay on your side for 5 minutes to allow the drops to reach the wax plug
- After 5 minutes wipe away any excess drops
- Massage the tragus as this will assist the drops in moving down the ear canal (see picture below)
- Repeat the procedure with the other ear if required
- Do this morning and night for at least 3 days before your follow up appointment for ear microsuction

