

# Ear Care & Audiology Services



## Post Irrigation Advice for Patients

### We value your comments:

If you have any comments or concerns about the care we have provided, please let us know on the telephone number below, alternatively, you can write to:

Patient Services, The Rotherham NHS Foundation Trust  
Rotherham Hospital, Moorgate Road  
Oakwood, Rotherham S60 2UD

Telephone: 01709 424461

July 2019

Winners: Care of Older People Nursing Times Award 2017  
Highly Commended: Innovation in your Speciality,  
Nursing Times Award 2009  
Winners: National Training Award 2006  
Primary Care Professional, Outstanding Achiever Award  
Health & Social Care Awards 2004

An **NHS** service

# FOLLOWING IRRIGATION

## *Immediate aftercare advice:*

- Keep your ears dry for a few days, especially when bathing and swimming, this will minimise any potential risk of infection developing.
- If you should experience any pain, tinnitus (ringing in the ears) or discharge from your ears please contact our service to arrange a review.
- If you came because you are having difficulty hearing and it doesn't improve following wax removal you should seek further advice.

## **If you experience any problems, please contact:**

Primary Ear Care & Audiology Services  
Rotherham Community Health Services  
Community Health Centre  
Greasbrough Road  
ROTHERHAM  
South Yorkshire S60 1RY

Tel No: 01709 423207  
E-mail: [rgh-tr.earcarecentre@nhs.net](mailto:rgh-tr.earcarecentre@nhs.net)

# CARING FOR YOUR EARS

## *General and long-term ear care advice:*

- Wax is normal - it provides protection for your ears.
- Your ears should be self-cleaning. If you use COTTON BUDS to try and remove the wax, it will only be pushed further down the ear canal and block your ear.
- If you have repeated problems with wax blocking your ears, using olive oil drops just once or twice a month may help to keep your ears in good condition and help them to self-clean the way they are designed to.
- Your ears should only be cleaned by a professional trained in ear care as they are able to see into your ear canals - you are unable to do this.
- If you have ear problems such as dry skin, eczema, dermatitis, 'runny ears', you will find that keeping your ears dry will improve the condition.
- The easiest way to keep your ears dry when bathing or showering is by using ear plugs or a piece of cotton wool smeared with Vaseline.
- It is advisable not to leave cotton wool in your ear unless advised to by your ear care nurse.
- Hearing can be damaged by exposure to loud noises wear ear defenders when possible.
- If you have problems with your ears, don't ignore them. Make an appointment to see your nurse or doctor. If you ignore the problem it can make it more difficult to treat.