**EAR SYRINGING**

Ear Syringing must be booked in advance with a trained nurse in the treatment room. You should not have your ears syringed if:-
- You have had previous complications following the procedure in the past.
- You have a history of an ear infection in the last 6 weeks.
- You have undergone any form of ear surgery.
- You have had an ear drum perforation or you have had any mucous discharging from your ear in the last year.
- You have or have had a cleft palate.
- You have pain and swelling of the outer ear.

**EAR PREPARATION PRIOR TO EAR SYRINGING**

THE FOLLOWING INSTRUCTIONS SHOULD BE CARRIED OUT 2-3 TIMES A DAY, 7 DAYS BEFORE YOUR EAR SYRINGING APPOINTMENT.

1. Lie down on either your right or left side depending on which ear is to be syringed.
2. If both ears are to be syringed do one ear at a time.
3. Instil several drops of olive oil at room temperature into the affected ear. If possible it may be easier if someone else can put the drops in for you. You can use a pipette.
4. Stay lying on your side for at least 10-15 minutes before getting up or placing oil in the other ear.
5. Wipe away any drips but DO NOT PUT COTTON WOOL OR TISSUE INTO THE EAR(S) as this absorbs the oil you have just put in.

Please note the above preparation, may be enough to remove the wax from your ear passage. The nurse will be able to tell you this when she examines your ear during your appointment. If the nurse can see your ear drum during this examination, she can not syringe your ear, as this could damage your ear drum. If this is the case, but you still have considerable wax in your ear, you may be asked to repeat the ear preparation for a few more days.