

Ear Irrigation and Microsuction after care

While microsuction and irrigation are quick and minimally invasive treatments, it's important to follow aftercare instructions to allow proper healing and prevent complications. **The ear canal can be sensitive after having wax removed**, so specific steps should be taken to keep ears healthy, clean, and comfortable. Proper aftercare will speed healing, prevent infection and swimmer's ear, reduce pain and discomfort, and get your ears and hearing back to normal again. Following these tips will make sure you get the most out of your earwax removal procedure.

Aftercare Tips

- Avoid getting water in your ears for 48-72 hours after the procedures. Protect ears with cotton balls coated in petroleum jelly when showering or washing your hair.
- Use any prescription ear drops as directed to prevent infection and help with healing. Tilt head sideways and place drops in ear canal.
- Do not insert anything into the ear canal like cotton swabs, bobby pins or tissues, as this could disturb the healing process.
- Avoid flying for 48 hours after treatment if the procedure was done to clear blockages or pressure from your Eustachian tubes. The changes in air pressure could cause pain.
- Refrain from vigorous physical activity, exercise, swimming or strenuous activity for 48-72 hours following the procedure. This helps prevent complications.
- Use your usual over-the-counter pain f you experience any discomfort, ear pain or headaches afterwards.
- Avoid using in-ear headphones or earbuds for a few days until ears heal fully. This prevents irritation.

What To Expect

It's normal to experience some temporary blocked or muffled hearing immediately after treatment as the ear canal swells slightly from irritation. This swelling subsides within a few days as the ears heal, and hearing gradually returns to normal.

You may also experience some light-headedness, vertigo, or a sense of imbalance after treatment. This is common and should resolve within 24-48 hours as the inner ear regulates itself again. Ensure you stand slowly to avoid falling.

Ears can remain sensitive, irritated, or itchy for several days following the procedure. Some residual redness or mild discomfort is normal. You may notice cracking or popping sounds as well. This is the ear canal recovering.

Relief comes quickly as the blockage is removed. Hearing, comfort, and ear function improve dramatically over the first few days. It is very rewarding to have your hearing restored!

Please contact me or see your GP if:

- You experience severe pain, bleeding or drainage/pus from the ear canal after microsuction. This could indicate an infection.
- You develop a fever, nausea, swelling or worsening symptoms suggesting complication or abnormal healing.
- Hearing loss, ringing, dizziness or other new symptoms arise or persist longer than 48 hours after the procedure.
- Symptoms worsen or do not start improving within the first few days following microsuction.
- You have concerns about excessive wax remnants blocking the ear canal or impaired hearing after the procedure.
- You have a history of ear injury, surgery or other risk factors the audiologist should monitor.

It's important to follow up promptly if any of the above occur, as further evaluation and treatment may be needed for proper healing. Don't wait with worrisome ear symptoms or pain.