



Patient Information Leaflet

Prior to commencing the procedure, your clinician will discuss with you the benefits of removing wax from your ears.

In order to check that it is safe to proceed you will be asked some questions about the health of your ears and general health. It will also be necessary to carry out a detailed visual examination of your ear/s and the wax present. If safe to do so, and clinically necessary, wax will be removed from your ear/s using the most appropriate method according to the quantity and consistency of the wax discovered.

Pre-Procedure

You may be advised to soften the wax with olive oil prior to your appointment (we recommend Earol). Your ear/s may feel blocked following application of an ear wax softener due to the expansion of the wax.

If you are a hearing aid wearer it can be advisable to avoid wearing the hearing instrument/s when olive oil has recently been administered, therefore overnight application of an ear wax softener may be best.

Consent

You will be asked to sign a consent form on our system before proceeding with otoscopy, wax removal and/or a hearing check to confirm you have read and understood the information contained within this document. A summary of your consent is outlined below:

- I have read the information above and understand the benefits and risks involved
- I understand the alternative options for wax removal
- I give my consent to allow the clinician to remove wax from my ear, using the most appropriate method for the amount and consistency of wax discovered.
- I understand that the removal may take more than one appointment and that it may be necessary to refer me to a medical professional if any complications arise.
- I understand I can ask the clinician to stop the procedure at any time, for any reason. I agree to follow the aftercare advice given.
- I give my consent for images and videos of my ear/s to be taken during the appointment.



Procedure & Risks

1. Otoscopy (Examining your ears)

The clinician will ask for your permission to examine your ear(s) using the digital video otoscope. This allows examination of the ear canal and eardrum.

Risks

Common

- Mild discomfort when the otoscope is introduced / removed from the ear

Rare

- Severe discomfort
- Trauma to the ear canal

2. Hearing Check

You may be offered a hearing check during your appointment. A hearing check involves placing headphones over both ears. The device will play a range of different sounds at varying loudness and pitch through the headphones. The aim of the test is to establish the quietest sounds you can hear and identify any potential hearing weakness.

If you have a device called Programmable Ventriculo-Peritoneal (PVP) shunt, then you **MUST** inform your clinician and **NOT** proceed with hearing check.

Risks

Common

- Discomfort to some loud or high pitch sounds in the test, but this tends to be temporary.
- Temporary increased awareness of pre-existing tinnitus

Rare

- Dizziness
- Permanent increased awareness of pre-existing tinnitus
- Triggering the onset new awareness of tinnitus



3. Ear Wax Removal

Ear wax removal may be necessary to relieve fullness/blocked sensation of the ear, and/or to enable otoscopy and hearing check. If the wax cannot be fully removed, a second appointment may be required with further softening of the wax for a few days between visits using alternative softeners as advised.

Procedure

Two methods of wax removal may be used during your appointment, microsuction and/or manual removal using an instrument. Your clinician will choose the most appropriate method.

Risks

Your clinician is trained and certified in ear care and wax removal and will use best practice procedures to minimise any risk. However, even when performed with the utmost care, there are some risks involved in wax removal. These risks include:

Common

- Complete wax removal cannot be achieved
- Stimulation of cough reflex

Uncommon - *minimised by application of olive oil prior to appointment

- Discomfort*
- Damage to skin of the ear canal*
- Bleeding from ear canal
- Ear infection
- Temporary change in sensitivity of hearing
- Temporary increased awareness of pre-existing tinnitus

Rare

- Damage to the ear drum during the procedure
- Feeling lightheaded
- Temporary dizziness

Extremely rare

- Permanent hearing loss
- Increased awareness of pre-existing tinnitus
- Sustained awareness of tinnitus
- Fainting during or shortly after the procedure



In some situations, wax removal may be deemed unsuitable or need to be abandoned during the procedure. Most commonly this is because abnormalities of the ear are identified which require further assessment, making it inappropriate to proceed.

It may be necessary to refer you following the procedure for a follow up with a medical professional for further management, advice, or a second opinion. Most commonly this is because:

- evidence of current or recent infection has been discovered
- evidence of current or previous damage to the ear has been discovered
- a foreign body has been discovered in the ear which cannot be removed safely
- the wax removal procedure has made you feel unwell
- the wax has proven to be too difficult to remove safely or without causing discomfort

Aftercare

Keep ears dry for a minimum of 24-48 hours after the appointment. It can be helpful to use a cotton wool ball in the entrance to the ear canal with some petroleum jelly when showering.

Inform your clinician and seek advice from an appropriately qualified medical professional immediately if any discomfort, pain, swelling, discharge, odour or disruption to your hearing is experienced following the procedure.

Media

Before, during and after the procedure your clinician will record images and videos within your ear/s. This media may be used for the following reasons:

- To request further advice or a second opinion from another suitably qualified medical professional
- Training and research
- To ensure you, the patient, are as informed as possible
- For marketing purposes (no patient identifiable information will be used). Please let your clinician know if you do not consent to this.