

auris[®]

— EAR CARE —

EAR WAX

AFTER CARE

1

Most people don't need after care, your ears are self cleaning.

2

Your clinician will recommend how often you should have your ears cleaned.

3

Ear wax build-up? We recommend 1-2 drops of medical grade olive oil once a week.



4

Itchiness in the ears normally settles within 24 hours of microsuction.



5

Ringing in the ears or imbalance following microsuction is usually temporary.



PREVENTION

You can't stop your ears producing ear wax - a little bit is healthy and protects against germs and damage. But you can do the following:



We recommend getting your ears checked annually to maintain healthy ears.



Over-ear headphones are better than in-ear buds.



Don't use cotton buds. This pushes ear wax down the ear canal which can damage sensitive structures.



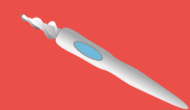
Take hearing aids out at night and ensure they are dry and cleaned regularly.

For more information on ear wax removal please visit www.aurisearcare.co.uk/ear-wax-removal

X

Danger!

The NHS and Auris Ear Care recommend against the following:



Spiral ear cleaners



Ear candles



Home vacuum kits



Cooking oil or garlic bulbs

Please get in touch if you have any concerns following your appointment.

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