

EAR WAX

SOUTH ZONE ENT

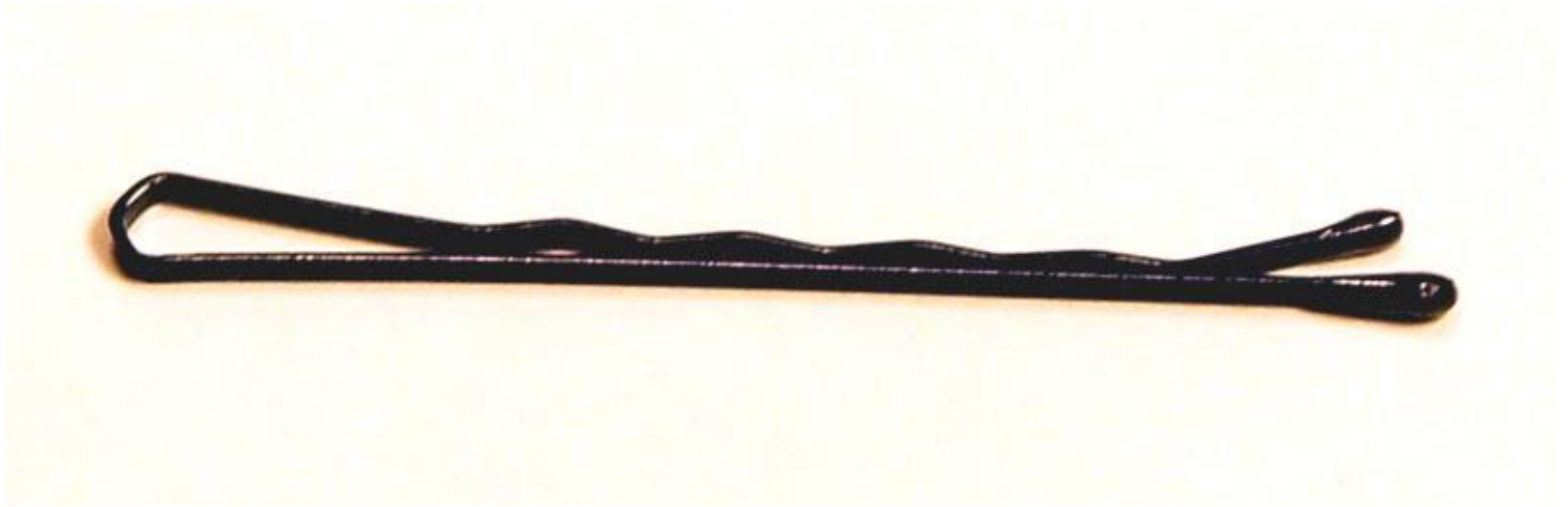


WHAT IS EAR WAX? *

- **Cleans/ lubricates/ protects**
- slightly acidic /**antibacterial** properties.
- Without earwax skin dry, cracked, infected or waterlogged and sore.
- wet / dry hard / soft.
- Soft earwax is more common in children
- hard earwax more problematic
 - chronic otitis externa, hearing aid users, mastoid cavities, eczema in the ears,

WHAT CAUSES EAR WAX problems ? *



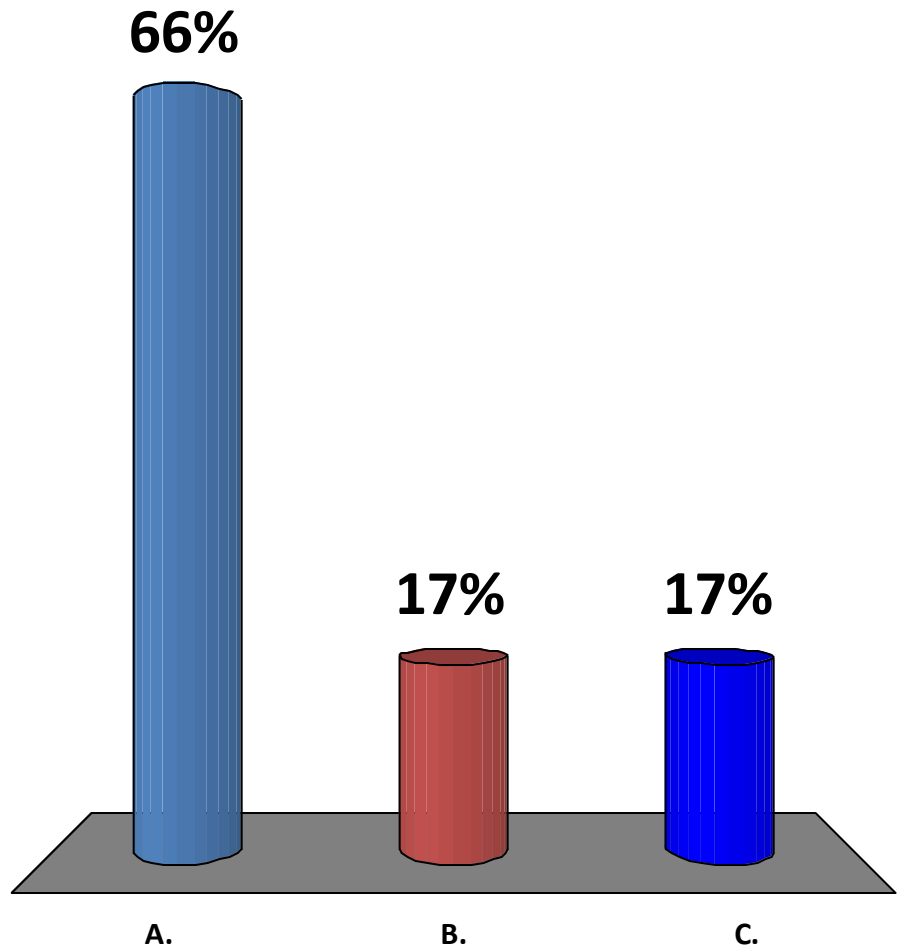


Have you ever used a Q tip (cotton bud) or a Bobby hair pin to clean your ear?

A. Yes

B. Never

C. Not telling!



WHAT CAUSES EAR WAX ? *

- Hearing aid
- Earplug users

SYMPTOMS OF EAR WAX

- Decreased hearing
- Dizziness
- Ear pain
- Plugged or fullness sensation
- Ringing in the ear
- Itching or drainage from the ear canal

EARWAX TREATMENT AND SELF CARE AT HOME *

- patient try an earwax removal method at home*
 - unless they have a perforation (hole) or a grommet in their eardrum.
- Over-the-counter wax softening drop
 - left for about 10 minutes while holding the head to the side,
 - Sitting up again will let the drops drain out !
- Regular use of olive oil/almond oil/sodium bicarbonate drops.
- If prone to repeated wax impaction or use hearing aids, consider review every 6 to 12 months.

MEDICAL TREATMENT FOR EARWAX OCCLUSION *

- Microsuction/ aural toilet
- How and where to refer

OUTLOOK

- Complications of earwax blockages/incorrect cleaning/self cleaning include:
 - Perforated eardrum
 - Otitis media
 - Otitis externa
 - Potential hearing loss from acoustic trauma !

