

# Earwax removal.

## Aftercare information.



Thank you for choosing us to help look after your ears. Here's everything you need following your earwax removal appointment.

### What to do after your appointment

#### Following treatment

Some people may feel dizzy afterwards because the system in your body that helps with balance is near the inner structure of your ear. This usually passes quickly. Please don't drive while feeling dizzy. It's best to factor this into your travel plans for attending and getting home from the health centre, especially if you have previously been dizzy following earwax removal.

If you had been experiencing symptoms such as discomfort, tinnitus, muffled hearing or any other symptoms which have not resolved after earwax removal, you should see a GP to identify the cause of these symptoms. If any of these symptoms were caused by wax, you can expect them to stop immediately or within a few hours of wax removal.

Please continue to care for your ears. Keep ears dry for a minimum of 24 hours after your appointment. Avoid using cotton buds or putting anything in your ears to scratch or try to remove wax. This can make the problem worse and cause damage to your ears. Using olive oil drops such as

Earol can help the ear to self-clean. However, if there's a chance you have a hole (perforation) in your ear drum, please don't use over-the-counter products. Some people may require an earwax removal at regular intervals, such as once or twice a year.

#### If wax removal was unsuccessful or not advised

If complete earwax removal wasn't possible today, you may have been advised to repeat a course of ear drops to help soften the wax. It's essential that you carefully follow the instructions for using these in order for the wax to soften, increasing your chance of our earwax removal service being a success.

Your health adviser will have given you advice on the next steps if they felt you need to see a GP. If they have sent an image of your ear for review by an ear health panel, they'll be in touch to let you know the next steps. If you've not heard anything within three working days, please contact the health centre where you had your appointment.

**For more information about ear health, visit**  
[bupa.co.uk/health-information/ears-hearing](https://bupa.co.uk/health-information/ears-hearing)