Ear Care Advice following ear irrigation

1. *To reduce the chance of an ear infection occurring after irrigation, keep ear (s) dry from entry of water, soap, and shampoo for a minimum of five days after the procedure.*
2. *Do not use cotton buds, scratch or poke the ear canal or insert anything smaller than your elbow into your ear at any time after syringing or in the future.*
3. *Ensure you never use cotton buds, tissues or material to soak up any moisture in your ears - let them dry naturally.*
4. *Following the procedure and in the future it is recommended that you clean the outside of the ear, use a dry tissue or alcohol free baby wipes around and behind the ear after showering.*
5. *In the unlikely event that you develop pain, dizziness, reduced hearing or discharge from the ear after the procedure, please consult your doctor promptly.*

Caring for your ears and preventative measures to avoid wax build up

**Ear wax has an important role and usually doesn’t need to be removed.** Our ears are self-cleaning, and if they are functioning as they should, they require no input from us to keep them clean. In some people, this self-cleaning mechanism gets disrupted, and ear wax gets trapped.

The introduction of foreign bodies such as cotton buds, can actually cause the ear wax to become impacted deep in the ear canal. Impacted wax can have a number of side effects including pain, general irritation, infection, hearing loss and in some cases, it has been associated with tinnitus, which is a buzzing or ringing sound in the ears.

If you suffer from frequent bouts of otitis externa (external ear infection) and/or you use hearing aids, it may be helpful to visit your hearing aid provider to have an impression taken of your outer ear for ‘swimming plugs’ to create a seal against water entry.

If you wear a hearing aid it is important that you follow the manufacturer’s instructions relating to daily cleaning of the hearing aid mould (the plastic bit that comes into contact with your ear canal entrance). You may also wish to discuss with your hearing aid provider the benefits of the mould being vented or having a hypoallergenic (anti allergic) mould.

If you use ear buds or ear phones regularly ensure that the tips are cleaned or replaced weekly and kept hygienic and in a case when not in use to avoid transfer of harmful pathogens (bacteria, viruses, yeast etc) to your ear canals.