



From the 1st January 2017 Ear Syringing Services will NO LONGER be available at Fleet Medical Centre.

Ear syringing (irrigation) is no longer considered to be the first line of treatment for blocked ears. Current guidelines advise oiling your ears with olive oil to soften the wax - for up to three weeks, to facilitate the natural movement of wax from your ear. Please do not use cotton buds or any objects to try to remove the wax. This may result in damage to your ear canal or tympanic membrane (ear drum). It can also result in wax being pushed further down in to your ear canal.

How to use Ear Drops - Using Olive Oil Ear Drops

Olive oil encourages the natural movement of wax from the outer ear. It is advisable to buy a bottle of olive oil and “dropper” from your local pharmacist. Use olive oil drops as directed. Most patients find that applying 1 - 2 drops at night, for 1 - 3 weeks, is helpful for wax removal. If you have continued problems with excessive wax it may be beneficial to use 1 - 2 drops of olive oil each week. This will not stop wax collecting, but will make removal easier.



1. Lie down on your side with the affected ear upwards.
2. Gently pull the outer ear backwards and upwards (see diagram below).
3. Using room temperature olive oil and the dropper drop 1 - 2 drops in the ear canal and gently massage the area in front of the ear.
4. Remain lying down for 10 minutes and then wipe away any excess oil. **DO NOT** put any cotton wool in your ear canal as this will absorb the oil.
5. Repeat the procedure with the opposite ear if necessary.



If you feel that your ears are still blocked, you can have your ears irrigated privately. Please see the contacts below:

Hearology Farnham & C.E. Hall Optometrist

West Street, Farnham. Tel: 033 033 26 242

Ear Wax Clinic

Lynchford Road, Farnborough. Tel: 0800 331 7002