

## Trafford General Hospital

### Information for Patients

# Managing Ear Wax

## Which drops to use?

### Olive oil

Olive oil will help to soften the wax and is useful for longer term use, for people with recurrent wax issues. You can use olive oil from home or purchase a spray from the pharmacy. Olive oil does not dissolve the wax but softens it.

### Sodium bicarbonate drops

Sodium bicarbonate drops actively dissolves the wax. This type of drop may be suggested as it is a quicker, more effective method for wax removal. These drops can be purchased from the pharmacy. They should only be used for 7-10 days at a time. Then you will need a break before using them again if required.

## How do I put the drops in my child's ear?

- Lay the child on their side with the ear to be treated facing upwards. This may be done whilst they are asleep if it is easier.
- Put a few drops down into the ear canal
- If you can get your child to remain lying on their side for 5 minutes this would allow the drops to soak in.
- Don't be alarmed if your child reports a drop in hearing and/or can hear popping or other strange sound – this is caused by the drops working their way down.

## How often should the drops be used?

### Olive oil

Use daily for 1 week to help soften the wax. Then use on a weekly basis until your child's review appointment in Audiology.

### Sodium bicarbonate drops

Use for 7-10 days after your initial appointment, you can restart again for 7-10 days before your child's next review appointment in Audiology.



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