



Ear Wax Removal

Aftercare Advice



Patient name: _____

Date of procedure: _____

Next appointment: _____

✔ What to Expect

- Your ears may feel sensitive, itchy, or hollow for a short time.
- Some people notice mild ringing (tinnitus) or slight dizziness – this usually settles quickly.
- Your hearing should feel clearer, though it may take a little while to adjust.

🍷 Aftercare Instructions

- Keep your ears dry for the next 24–48 hours. Use cotton wool with a little petroleum jelly when showering if needed.
- Do not insert anything into your ears (cotton buds, fingers, hairpins, etc.).
- Avoid swimming for 48 hours.
- If your ears feel itchy, do not scratch inside, this can cause irritation or infection.

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Procedure Specific Notes

If microsuction was used:

- Temporary ringing or slight sensitivity is normal.

If water irrigation was used:

- A little trapped water may come out during the day.
- You may feel slightly dizzy, this should pass quickly.

When to Seek Help

Please contact us or seek medical advice if you notice:

- Severe or increasing ear pain
- Persistent bleeding or discharge
- Sudden hearing loss
- Ongoing dizziness or balance problems
- High temperature (fever)

Looking After Your Ears

- You may use olive oil or wax softening drops occasionally to help prevent future build-up (if advised by your clinician).
- Regular ear care can reduce the need for future procedures, ask us for tailored advice



 Looe Ear Care ®

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