

Ear Wax Removal

Ear syringing by general practice has never been funded in our area and based on national advice from the BMA the decision was made by all practices in Richmondshire and Hambleton to stop carrying out ear syringing at least for the duration of the current COVID-19 pandemic. This allows practices to prioritise our resources on providing safe medical care to our patients in these difficult times.

Management

Ear syringing is no longer considered to be the first line treatment for the clearing of ear wax; current guidelines are that ear drops should be used to soften the wax which will then enable the natural movement of the wax from the ear.

Patients who do suffer from a build-up of wax, should regularly apply drops to prevent such a build-up and should avoid putting objects in the ears to try to manually remove wax. This can impact the wax by pushing it further down the ear canal.

It is recommended that you speak to a pharmacist about earwax build-up in the first instance. They can give advice and suggest treatments. They might recommend chemical drops to dissolve the earwax. Otex Express sodium bicarbonate is highly recommended by clinical staff and patients have found it to be effective but there are other options available which a pharmacist can discuss with you.

Removing wax professionally

Where self-management does not resolve the wax build up microsuction is the method preferred by medical staff and patients alike for guaranteed effective removal of wax. In most cases the wax can be removed safely within minutes by a trained professional. Below are a number of private providers in the area:

Hear and Now – Ripon - Independent family run Hearing Care Centre dealing with hearing loss, hearing aids, tinnitus, ear wax removal and ear protection. <https://www.hearandnowonline.co.uk/> - 01765 278 744

Specsavers

- Ripon - <https://www.specsavers.co.uk/stores/ripon-hearing> - 01765 694 777
- Middlesbrough - <https://www.specsavers.co.uk/stores/middlesbrough-hearing> - 01642 222 234
- Harrogate - <https://www.specsavers.co.uk/stores/harrogate-hearing> - 01423 564 515

Ear Wax Removal UK - Darlington - <https://earwaxremoval.uk/clinics/darlington> - contact form on the website.

Boots Hearingcare - <https://www.bootshearingcare.com/ear-wax-removal/> - 0345 270 1600

Notes:

- Patients who require wax removal for specific ear conditions will continue to have this performed in a hospital setting.
- Any previous hole in your eardrum (a perforated eardrum), sudden hearing loss, earache and/or fluid within the ear a telephone consultation with a GP should be requested.
- For further see the latest NHS guidance - <https://www.nhs.uk/conditions/earwax-build-up/>