

Self Care Information for Patients: Managing Ear Wax Build-up

Summary

Do you have a build-up of ear wax? If so, it can and should be managed yourself without seeing a GP. Your pharmacist should be your first point of contact.

What could be the signs of ear wax build-up?

- Earache
- Itchiness
- High-pitched tones inside ear
- Difficulty hearing
- Dizziness

How can you help yourself?

Ear wax usually falls out on its own.

- Ear drops can be used to clear a plug of wax. Consult your pharmacist for the appropriate choice of treatment.
- Do not use earbuds, fingers or other objects to remove wax.
- There is no evidence that ear candles or vacuums remove wax.

When shall I see a General Practitioner (GP)?

- If your earwax hasn't cleared after 10-14 days of treatment.
- If you have persistent vomiting or fever.
- If the affected person is an infant or young child.
- If your ear feels badly blocked and causing dulled hearing.

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