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Preparing for your Microsuction Appointment

Check that you definitely have a build up of earwax, as it is possible your symptoms could be due to another condition. A quick visit to your GP practice nurse will confirm whether this is the case. This is particularly important if you have not had earwax before.

Preparation

In order to make the treatment more effective, it's recommended that you use 3 drops of olive oil in the affected ear(s) twice a day for a week before your appointment. Make sure the oil gets into your ears properly. The best way to do it is to lie down on your side for 3-5 minutes or before going to bed. You can use cotton wool to keep the oil in place and/or to catch any excess oil.

Important note

With eardrums that are still perforated or have had a mastoidectomy, it would be best to discuss it with the nurse or doctor on the day of your appointment.

Do not use any other products to help soften your earwax e.g. Sodium Bicarbonate, unless your doctor or physician has advised you to do so. In particular, do not use cotton buds, Hopi candles or any other foreign objects to try and remove your earwax as this may cause lasting damage.

Please arrive in good time for your appointment. This will ensure that you get the best quality of treatment possible. We look forward to seeing you.