

## **Advice for people with ear problems**

Keep your ear canals dry when washing your hair, showering or swimming. This can be done by using ear plugs or cotton wool covered in Vaseline. Before going swimming check with your doctor or nurse that swimming will not harm your ears.

Do not use cotton buds, hairgrips, and matches etc., to clean or dry your ears. These may damage the delicate lining of skin in your ear canal or may even perforate, or damage your ear drum.

Do not scratch your ears as this may spread infection.

To prevent the spread of infection to your other ear try to use separate face towels. It is also advisable to use separate towels from other members of your family.

If you suffer from excessive wax, regular use of olive oil can help the ear clean itself. For details, please see your nurse or doctor.

If you are to have your ears syringed to remove excess wax, you must inform the nurse before she starts if you have a perforated ear drum.

If your symptoms do not improve with treatment, or if they get worse, consult your nurse or doctor.