BathEarCare



Post treatment advice

You will be slightly more vulnerable to developing an infection for the first 2 days after treatment. This is because a: ears do not like to be disturbed, and b: all of the wax will have been removed. Although a little wax in the right place in the ear is a good thing because it protects the ear.

Occasionally patients may experience tinnitus (ringing in the ears) immediately after treatment. This is usually caused by the volume of the suction, and every effort will have been made to reduce the noise by using finer instruments. If you have been unfortunate enough to get this it usually settles within a few hours.

Immediate aftercare advice

Keep your ears dry. This will minimise any potential risk of infection

Do not expose your ears to loud noise, especially immediately after treatment

If your ear(s) have been blocked for a long time you may find it more comfortable to wear a hat or scarf until your ears get used to having air in them again

General and long term ear care advice

The use of olive oil (drops or spray) just once or twice a month (one drop only) will help to keep your ears in good condition and help them to self clean the way they were designed to.

Hearing can be damaged by exposure to loud noise so always wear ear defenders if you are in the vicinity of loud noise.

Never put anything like cotton buds into your ear, because this stimulates the glands to produce more wax to protect them, and you also risk pushing the wax further down in to the ear.

Please feel free to contact me if you have any questions

Call Emma on **07966 205 663**