

## Earwax build-up

Earwax normally just falls out on its own. When it's blocking your ears, a pharmacist can help.

### Symptoms of earwax build-up

Symptoms of earwax build-up include:

- hearing loss
- earache or a feeling that your ears are blocked
- ringing or buzzing in your ears (tinnitus)  
vertigo (feeling dizzy and sick)

### How you can treat earwax build-up yourself

#### Important

Do not use your fingers or any objects like cotton buds to remove earwax.

Earwax usually falls out on its own. If it does not and blocks your ear, put 2 to 3 drops of medical grade olive or almond oil in your ear 3 to 4 times a day. Do this for 10 to 14 days.

It is recommended you use a dropper while lying your head on one side for a few minutes to let the oil work its way through your ear canal(s).

You may find it easier to do this first thing in the morning and then just before you go to sleep.

Over about 2 weeks, lumps of earwax should fall out of your ear, especially at night when you're lying down.

There's no evidence that ear candles or ear vacuums get rid of earwax.

## Find a pharmacy

Lamlash Pharmacy—Lamlash—01770 600275

Brodick Pharmacy—Brodick—01770 302250

## A pharmacist can help with earwax build-up

Speak to a pharmacist about earwax build-up. They can give advice and suggest treatments.

They might recommend medicines to dissolve the earwax. The earwax should fall out on its own or dissolve after about a week.

Do not use drops if you have a hole in your eardrum (a perforated eardrum).

## Causes of earwax build-up

A build-up of earwax can happen if:

- you have narrow or damaged ear canals
- you have lots of hair in your ear canals
- you have a skin condition affecting your scalp or around your ear
- you have inflammation of your ear canal (otitis externa or "swimmer's ear")

## Preventing earwax build-up

You cannot prevent earwax. It's there to protect your ears from dirt and germs.

But you can keep using eardrops for a few days to soften the wax. This will help it fall out on its own and should prevent blocked ears.

If symptoms persist after following the above guidance, an appointment can be made with one of our Community and Care Treatment Nurses. These appointments are limited, you will be offered the first available appointment. If this is not suitable, please find below details of where this service is available—this will incur a charge.

[Specsavers Saltcoats Opticians & Hearing Centre](#)

[Microsuction Ear Wax Removal Specialist Services in Ayrshire \(kilmarnockhearingcentre.co.uk\)](#)

[Earwax Removal Clinic - Ayr Microsuction Clinic \(treatearwax.co.uk\)](#)