

FOR PEOPLE WHO HAVE HAD A MASTOID OPERATION

These instructions can be used for any ear drops

The drops have to reach two areas – the ear canal and the mastoid cavity.

1. Put the drops in as previously explained.
2. To ensure that the drops reach the back of the mastoid cavity, lie on your back and insert 2-3 drops into the back of the cavity.



3. Remain in this position for 10 minutes and then wipe away any excess fluid (oil or antibiotic drops).

**SAWSTON
MICROSUCTION
SERVICE**

Patient Information Leaflet

Image to follow

EAR MICROSUCTION

The term Microsuction is used to describe a procedure carried out by our Specialist Nurses to remove wax, dead skin, foreign objects and even infection, from your ears. We use a specialist microscope to look in your ears and a very small suction tube to "hoover out the debris.

Who can have Microsuction?

Anyone can have Microsuction as long as they are able to remain still throughout the procedure.

We use Microsuction for patients who cannot safely or easily have the debris removed from their ears by irrigation (syringing) or manually removed using instruments.

What will it feel like?

It may be noisy and you may feel some strange sensations, there might be some slight discomfort but if it is painful our specialist nurse will stop immediately. If you have any concerns or worries, just speak to our nurses who will be happy to allay your fears.

After the procedure

You may find that tinnitus is aggravated for a day or two.

Occasionally there may be a small amount of bleeding.

May cause dizziness

If you have any concerns afterwards speak to the specialist nurse and if symptoms persist call your own GP.

Before the procedure

Most patients find that applying 1-2 drops of olive oil at night, for 3-4 days prior to your appointment ensures the procedure is more comfortable and helps achieve the best results for you.

Olive Oil Ear Drops

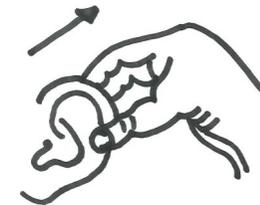
Olive oil encourages the natural movement of wax from the outer ear and softens the wax prior to Microsuction.

It is advisable to buy olive oil and a 'dropper' from your local pharmacist (your pharmacist may also stock special olive oil ear spays that are easy to use)

If you have continued problems with excessive wax it may be beneficial to use 1-2 drops of olive oil each week. This will not stop wax collecting, but will make removal easier.

Using Olive Oil Ear Drops

1. Lie on your side with the affected ear upwards.
2. Gently pull the outer ear backwards and upwards (see diagram below). Using room temperature olive oil and the dropper, drop 1-2 drops in the ear canal and gently massage the area in front of the ear.



3. Remain lying down for 10 minutes and then wipe away any excess oil. DO NOT put any cotton wool in your ear canal as this will absorb the oil.
4. Repeat the procedure with the opposite ear if necessary.