



## **PATIENT INFORMATION SHEET**

You may have been advised prior to your appointment to soften the earwax with olive oil. As a result, your ear/s may feel blocked following the application of the olive oil due to the expansion of the earwax.

If you are a hearing aid wearer, it is advisable to avoid wearing the hearing instrument/s when olive oil has recently been administered, therefore overnight application of olive oil may be best practice.

### **The Procedure**

There are two methods of earwax removal that may be used during your appointment; manual extraction and/or microsuction.

#### **Removal of Earwax Deposits using Manual Extraction Instruments**

Fine hand-held instruments are inserted carefully into your ear and used to gently extract earwax deposits from the ear canal. These will not be used when the earwax is deeply situated in the ear canal.

#### **Earwax Removal using Microsuction**

Earwax is removed from the ear by a small suction tube. This procedure can be noisy.

### **The Risks**

The Clear Ear Healthcare clinician is trained and certified as competent in ear care and earwax removal and will use best-practice procedures to minimise any associated risks. However, even when performed with the utmost care, there are some risks involved in earwax removal;

#### Uncommon

- Discomfort / pain (minimised by use of olive oil prior to appointment)
- Damage to skin of the ear canal (minimised by use of olive oil prior to appointment)
- Bleeding from ear canal
- Ear infection (minimised by water precautions post procedure)
- Temporary reduction in hearing
- Temporary hearing sensitivity
- Temporary aggravation of existing tinnitus

#### Rare

- Feeling sick or light-headed
- Temporary dizziness

#### Extremely rare

- Permanent hearing loss (minimised by limiting time of exposure to noise of suction machine and avoiding contact with or trauma to the ear drum)
- Triggering of new tinnitus (minimised by limiting time exposure to noise of suction machine)
- Damage to the ear drum during the procedure (minimised by restricting the depth of insertion of the suction tube)

## **PVP Shunts**

You may be offered a hearing screening during your appointment. Guidance from the British Society of Audiology suggests this poses a significant risk to any patient who has a PVP Shunt fitted. If you have a PVP shunt which you have not disclosed prior to your appointment, you should decline the hearing screening and ensure the Clear Ear Healthcare clinician is aware that you cannot wear the headphones.

## **Outcomes**

### If the wax cannot be removed

Depending on the amount and consistency of the earwax and your own comfort, it may not be possible to remove all of the problematic earwax in a single appointment. A second or a third appointment may be required with further softening of the wax between these appointments.

### Onward referral

In some situations, earwax removal may be deemed unsuitable. This is most commonly because abnormalities of the ear are identified which require further assessment by your GP or an Ear, Nose and Throat (ENT) specialist, making it inappropriate to proceed.

It may be necessary to refer you following the procedure for a follow up with a medical professional either directly for further management, advice, or a second opinion. Most commonly this is because there is evidence of a current or recent infection that has been discovered, evidence of current or previous damage to the ear has been discovered, a foreign body has been discovered in the ear which cannot be removed safely and/or the wax removal procedure has made you feel unwell.

### Media Recorded

Before, during and after the procedure, the Clear Ear Healthcare clinician will record images and videos within your ear/s. This media may be used for the following reasons:

- To request further assessment/management, advice or a second opinion from your GP or an Ear, Nose and Throat (ENT) specialist
- To ensure you, the patient, are as informed as possible

## **CONSENT**

You will be asked for a digital signature as consent prior to commencement of your appointment as outlined below:

- I have read the information above and understand the benefits and risks involved
- I understand the alternative options for earwax removal
- I give my consent to allow the Clear Ear Healthcare clinician to remove earwax from my ear, using the most appropriate method for the amount and consistency of earwax discovered.
- I understand that the removal may take more than one appointment and that it may be necessary to refer me to a medical professional if any complications arise.
- I understand I can ask the Clear Ear Healthcare clinician to stop the procedure at any time, for any reason. I agree to follow the aftercare advice given.
- I give my consent for images and videos of my ear/s to be taken during the appointment.