**Mead Medical - Ear Microsuction FAQs**

**Do I need my ears cleaned?**

Chances are that if you happened upon our service, either you already know or someone has told you that you have excessive wax in your ears. For the majority of people, our ears are amazing at self-cleaning and pushing out the wax they produce all by themselves. However, it is also very common for this self-cleansing mechanism of the ear not to work as efficiently from time to time. People with narrow ear canals, hairy ear canals, windy ear canals or those who wear things in their ears like hearing aids are more prone to excessive wax build up. If you are unsure, ask your GP or Audiologist next time you see them to have a look in your ears. If there is wax, you can request that they email or fax us a referral for a reduction in the cost for our service.

**What are the symptoms of wax build-up?**

* Aural fullness - blocked ear feeling
* tinnitus
* whistling hearing aids
* itchy ears
* dizziness
* ear ache or ear pain
* poorer hearing
* failure to localise sound - even wax is blocking one ear only

**How long does the appointment last?**

Generally, an appointment will go from anywhere between 10-15 Minutes

​**How do I prepare for my appointment?**

We at Ear Suction Clinic believe the best softening agent around is chemist grade olive oil. We recommend you apply a few drops to each ear every night for the 7 days leading up to the appointment. Put some cotton wool in your ear to stop the oil from leaking out onto your pillow.

**How often should I have my ears cleaned?**

Everyone is different and produces wax in different amounts over different time-frames. To maintain good aural health, a 12 monthly appointment would be sufficient for the majority of people just like an annual dentist appointment. If you produce wax more quickly, than a more regular check-up would be warranted. An individualised aural health care plan will be provided at the conclusion of each appointment and modified as the need arises.

**Why is it so important for me to have clean ears?**

Having clean ears is very important to maintaining good aural health. Good aural health reduces the adverse health risks associated with excessive wax build-up namely: outer ear infections (bacterial or fungal), cholesteatoma, annoying tinnitus which may have a psychosocial impact, ear drum perforations and mastoiditis to name a few. Just like we go to the dentist once a year (or least try to) to prevent problems associated with poor oral health, getting our ears checked and cleaned often can help prevent the aforementioned problems.

**Does wax removal using micro-suction hurt?**

No. This procedure is generally painless. However, there may be some minor discomfort for people who present with severe impacted wax. Before every appointment, applying olive oil in the few days leading up to it will greatly reduce the chance of you experiencing this minor discomfort. At Ear Suction Clinic, we also use olive oil during the appointment as a softening agent and are trained at removing wax with minimal discomfort. Should you have any concern during the procedure, it will be stopped immediately. Most people find instantaneous relief from their wax symptoms as soon as it is removed with the micro-suction method.

**Is micro-suction safe?**

Micro-suction and curette technology is the safest method to remove wax .

It is especially ideal for patients who:

* Have had previous ear drum perforations
* Have impacted wax
* Have an ear infection or other problems in the ear canal where water syringing would only exacerbate it
* Have had previous ear surgery
* Have had a bad experience with the syringing method in the past
* Have bendy, hairy or narrow ear canals
* Are taking blood thinner and who have delicate /fragile ear canal epithelium (skin)
* Wear hearing aids or other plugs in their ears

**For what ages is this procedure appropriate?**

We can see patients of all ages including young children. However, in order to be successful, the patient needs to be able to sit still. We will stop and start the procedure frequently to make it easier for a restless child.