

Local Private Services – Micro Suction

There are local providers who provide micro-suction. The following non-exhaustive list of private services that are available in the local area. Their inclusion here is not an endorsement by the Practice and other providers may also be available.

All Clear Ears

Back in Line Complementary Therapy Centre
The Corner House
Victoria Road
Bicester OX26 6PB
Tel: 07881 060793

The Banbury Hearing Centre

36 High Street
Banbury OX16 5ER
Tel: 01295 268333

Hearing First

Bicester Clinic - Room 3
3 London Road
Bicester
OX26 6BP
Tel: 0800 1337 987

James Hearing Ltd

Room 215, John Eccles House
Robert Robinson Avenue
Oxford Science Park
Oxford
OX4 4GP
Tel: 0845 680 1227

Keith Donaghy

White Lion Walk,
Banbury OX16 5UD
Tel: 01295 255131

The Oxford Hearing Centre

157 Eynsham Road
Botley
Oxford OX2 9NE
Tel: 01865 861861

Tripp Hearing

62 Church Road
Wheatley
Oxford OX33 1YA
Tel: 01865 671500



What is Ear Wax?

Montgomery-House Surgery
Piggy Lane, Bicester, OX26 6HY

Tel: 01869 249 222

www.montgomeryhousesurgery.co.uk

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What is ear wax?

Ear wax is a natural bodily secretion which is protective for your ears. In most cases it removes itself during sleep and when moving your jaw such as when eating and talking.

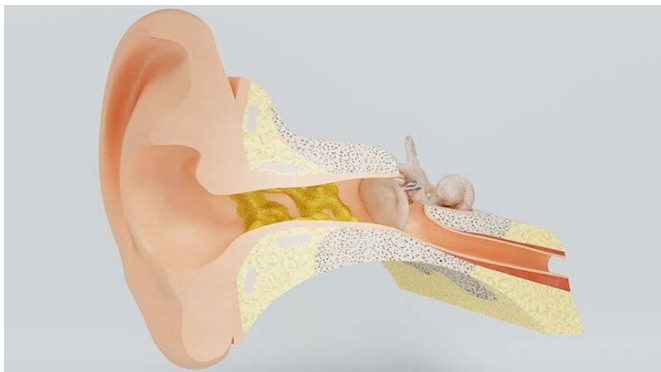


Figure 1<https://www.everydayhealth.com/ear-nose-throat/ear-wax.aspx>

What are the symptoms of ear wax build-up?

Some people produce more ear wax than others. The most common symptoms are hearing loss and earache. In some cases it can also present with tinnitus and itchiness.

What can I do to remove ear wax?

A simple and easy way to remove ear wax is with **Olive Oil Drops/ Sodium Bicarb Spray** – It is recommended that this is done 2-3 times daily for 2-3 weeks.

1. Lie on your side with the affected ear uppermost
2. Pull the outer ear gently backwards and upwards to straighten the ear canal
3. Put 2-3 drops of olive oil into the affected ear(s) and gently massage just in front of the ear
4. Stay lying on your side for 10 minutes to allow the wax to soak up the oil
5. Afterwards, wipe away any excess oil but do not plug your ear with cotton wool as this simply absorbs the oil
6. Your hearing- problem may initially worsen after first starting to use the olive oil drops; this is because as the wax softens and swells, it forms a seal. If both ears are blocked, it is recommended to concentrate on treating one ear at a time.
7. In most cases, the wax will have softened sufficiently to encourage the wax to come out without further intervention.
8. However, if you feel your hearing is still impaired, please make an appointment with the practice nurse or healthcare assistant for further advice and management.

What about ear syringing?

Ear syringing has been discredited as a method of removing ear wax. The National Institute of Clinical Excellence (NICE) has produced guidance which states that ear syringing can cause more harm than good. It is associated with increased –

- Ear infections
- Ear drum perforations
- And trauma to the ear canal

There is also a reported 29% failure rate in the removal of earwax.

As such, in accordance with practices locally and nationally the team at Montgomery-House Surgery does not offer ear syringing.

There are a number of over the counter self-irrigation kits that can be purchased from pharmacies for those looking for an alternative. It is important to be aware that there is very little clinical based research available on this.



You may also wish to self-refer for private microsuction. There are number of clinics locally that offer this but do remember that most cases of ear wax do improve with topical drops / spray.

When should I see a GP or clinician?

You should see a GP or clinician via our same day access service (e-consult) if you develop fever, severe pain, discharge, bleeding or sudden onset deafness.