



Ear Nose & Throat Department

Softening ear wax

Information for parents and carers

You have been asked to bring your child to the Ear Nose & Throat Department (ENT) to have wax removed from their ear/s. Wax in the ear is natural and should never be removed by anyone other than a trained health care worker.

Before we start the procedure, the wax in your child's ears needs to be soft to assist in its removal. You can help to soften the wax 2 weeks before their appointment in ENT.

You will need to have

- some ordinary olive oil
- a teaspoon or a dropper (the dropper can be purchased from a chemist)

Once a day insert a few drops of olive oil into the ear/s which needs to have the wax removed. To do this, follow the steps below.

- Step 1 Ask the child to lie on their side with the affected ear upper most.
- Step 2 Put a small amount of olive oil onto a clean teaspoon or in the dropper
- Step 3 Gently pull back the pinna (marked A on diagram)
- Step 4 Insert the oil into the canal (marked C on diagram) of the ear
- Step 5 Gently massage the tragus (marked B on diagram) whilst still holding the pinna
- Step 6 Ask the child to lie for about 10 minutes, after which when they sit up, wipe away any excess oil

Holding the child's ear



