

CARING FOR YOUR EARS

- Wax is normal - it provides protection for your ears.
- Your ears should be self cleaning. If you use COTTON BUDS to try and remove the wax, it will only be pushed further down the ear canal and block your ear.
- If you have repeated problems with wax blocking your ears, using olive oil drops regularly may prevent this.
- Your ears should only be cleaned by a nurse trained in ear care as she is able to see into your ear canals - you are unable to do this.
- If you have ear problems such as dry skin, eczema, dermatitis, 'runny ears', you will find that keeping your ears dry will improve the condition.
- The easiest way to keep your ears dry when bathing or showering is by using ear plugs or a piece of cotton wool smeared with Vaseline.
- It is advisable not to leave cotton wool in your ear unless advised to by your ear care nurse.
- If you have problems with your ears, don't ignore them. Make an appointment to see your practice nurse. If you ignore the problem it can make it more difficult to treat.

We value your comments:

If you have any comments or concerns about the care we have provided, please let us know, or, alternatively, you can write to:

Patient Services
The Oldfield Centre, The Rotherham NHS Foundation Trust
Moorgate Road, ROTHERHAM S60 2UD

Tel: 01709 424461

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THE PRIMARY EAR CARE CENTRE



A leaflet for Patients

Highly Commended: Innovation in your Speciality, Nursing Times Award
2009

Winners: National Training Award 2006
Primary Care Professional,
Outstanding Achiever Award
Health & Social Care Awards 2004

Did you know?

Ears are just as important as eyes and teeth. Most people have their eyes and teeth checked regularly, but not their ears.

Good hearing and healthy ears play an important part in your quality of life. If your ears are causing a problem visit your doctor or nurse. They will be able to examine your ears and give you advice. If you have problems hearing, they can refer you for a hearing assessment.

If you are worried about hearing loss or tinnitus you can receive advice and support from a specially trained ear care nurse.

If you have a problem with blocked ears they will not always need to be washed out (irrigation). Ear care trained nurses will often be able to clear ears with instruments.

If you are concerned about your child's hearing you can discuss this with your doctor, practice nurse or school nurse.

Do you:

- have difficulty hearing the television and radio?
- miss words in conversation?
- work, or have worked, in a noisy place?

- visit noisy clubs and pubs?
- listen to loud music with or without headphones?
- have difficulty hearing conversation if there is background noise?
- have a sensitivity to sudden/loud noises?
- have a problem hearing in only one ear?
- have itchy or runny ears?

If you think any of the above are true for you, make an appointment for an assessment with a nurse trained in ear care.

If you see a nurse trained in ear care, you can expect to receive:

- advice and treatment for your ear/hearing problems.
- advice to attend for regular ear checks, if necessary.
- advice about hearing aids.
- advice and support about tinnitus.
- information about other organisations that may be able to help.

For further information and advice please make an appointment with the nurse at your GP practice or telephone us on

01709 423207

The Primary Ear Care Centre, Rotherham Community Health Services, Community Health Centre, Greasbrough Road, Rotherham S60 1RY