



WHAT IS MICROSUCTION?

Microsuction is the removal of wax, infection, debris and foreign bodies within your ears. The practitioner looks at your ear through a microscope, and will then use a small suction tube and fine suction end to remove the wax. This can be noisy due to the suction machine however, it should not be painful. If it is uncomfortable, let the Nurse know and they will stop the procedure. You will be asked to keep still as possible unless asked to move. This is important as movement can cause accidental injury to the ear canal or eardrum if unexpected.

WHAT ARE THE RISKS AND COMPLICATIONS?

Every procedure carries a potential risk of infection.

- Grazing can occur if the ear canal skin is sensitive. There is a small risk of perforation if any sudden movements are made. To avoid this you should keep as still as possible throughout the procedure.
- Some people experience dizziness due to the cool air being sucked through the ear canal. This usually goes away quickly. Inform the practitioner and they will stop the procedure until the dizziness has passed.
- Coughing can occur as the nerve that supplies the throat with the coughing mechanism lies close to the ear canal. Inform the practitioner and they will stop the procedure until it passes.
- If Microsuction is being performed due to infection the procedure may sometimes be uncomfortable. The practitioner will check you are coping with the procedure throughout.

If you have any concerns or worries, please speak to the practitioner who will be happy to allay your fears.

WHAT SHOULD I EXPECT?

1. You will be invited into the clinic room and asked some short questions about your general health.
2. You will be asked to lie flat on the couch (if you are in a wheelchair the procedure can still be performed in the chair).

3. The procedure time will depend on your particular problem but can be stopped at any time at your request.

You should be able to resume to normal activities after the procedure. If you feel dizzy afterwards we will ask you to sit in the clinic until it passes, usually within a few minutes.

BEFORE ATTENDING A MICROSUCTION CLINIC

The following needs to be done **2-3 times daily for a minimum of 7 days** prior to your appointment, as this will help soften your earwax in preparation for easier removal:

1. Lie on your side with the most affected ear facing upwards.
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. Remain laying on your side to allow the wax to soak in for around 10 minutes.
5. Afterwards, wipe away any excess oil but do not plug your ear with cotton wool as this simply absorbs the oil.

Your hearing may initially worsen after starting to use the olive oil drops, which is why we advise you to concentrate on treating one ear at a time if both ears are blocked with wax.

WHAT HAPPENS AFTERWARDS?

You may experience the following in the days after your Microsuction appointment:

- You may find that your ears feel strange for a day or two.
- Occasionally there may be a small amount of bleeding.
- You may experience short-term dizziness.

A follow-up appointment may be required depending on the circumstances - if you experience any problems after the procedure, please contact your GP.

CARING FOR YOUR EARS

If you suffer from itchy ears or have an ear infection:

- Avoid getting water, soap, or shampoo into your ear canal when having a bath or shower
- Place a piece of cotton wool (about the size of a 50p) coated in soft paraffin at the entrance of the ear
- Have swim moulds fitted to keep your ears dry when swimming or showering if you suffer from perforation or recurrent infection
- If you wear hearing aids, wash the mould daily in warm soapy water and let dry fully before re-inserting

Do not use over-the-counter products if there is any chance that your eardrum may be perforated (hole within the eardrum).

