

Do you have a build up of ear wax? If so, it can and should be managed yourself without seeing a GP. Your pharmacist should be your first point of contact.

What could be the signs of ear wax build up?

Earache	Itchiness	High-pitched tones inside ear
Difficulty hearing	Dizziness	

How can you help yourself?

Ear wax usually falls out on its own.

- Ear drops can be used to clear a plug of wax. Consult your pharmacist for the appropriate choice of treatment.
- Do not use earbuds, fingers or other objects to remove wax
- There is no evidence that ear candles or vacuums remove wax

When should you see your GP?

- If your earwax hasn't cleared after 10-14 days of treatment
- If you have persistent vomiting or fever.
- If the affected person is an infant or young child
- If your ear feels badly blocked and causing dulled hearing.

