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### Ear Syringing Instructions for Patients

If you feel your ears are blocked with wax please follow the instructions below:

1. Telephone the surgery to make an appointment in 8-10 days time.
2. Olive oil is the safest softening agent. One week's use is the minimum but 10-14 days is most effective.
3. Put in 2-3 drops twice daily lying with head to side for 10mins.
4. Plugging the ear with cotton wool is not recommended as this absorbs the oil.