

# Children and ear wax

## Top tips for families:

- Ear wax is produced in your child's ear to keep it clean and free from germs. Ear wax naturally passes out of the ear over time
- It is normal that some children have ears that produce more wax than other children. The colour of the ear wax may vary from yellow/orange to dark brown
- To clean your child's ears wipe the external part of the ear with a flannel at bath time. Do not insert anything in to your child's ear canal especially cotton buds as this can permanently damage a child's ear
- Occasionally wax can completely block a child's ear and this can cause discomfort and temporary hearing loss. This may require active treatment
- If your child is identified at their hearing assessment to have wax that requires active treatment you should follow these steps:
  - o Obtain sodium bicarbonate drops from your local pharmacy
  - o Follow the instructions provided by your pharmacist to use the drops for two weeks
  - o Take your child to your GP to have their ears checked

- o If the wax continues to completely block your child's ear it may require suctioning by your GP or referral to ENT for specialist removal
- o If your child has been identified to have a hearing loss they will need to have their hearing retested once the wax has been removed.

**If your child has a perforated ear drum (hole in the eardrum) or previous surgery on their ears please check with your audiologist or medical practitioner before using ear drops.**

### **Get in touch**

*Virgin Care is proud to provide the B&NES and Wiltshire Children's Community Audiology Service.*

For further information please contact:

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#### **The National Deaf Children's Society**

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