

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:
 - Obtain sodium bicarbonate drops from your local pharmacy
 - Follow the instructions provided by your pharmacist to use the drops for 2 weeks
 - 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 ear drum) or has had previous surgery on their ear(s), please check with your audiologist or medical practitioner before using ear drops.

For further information, please contact the Children's Community Audiology Service:

T: 01225 394541

E: vcl.bathneswiltschildrenciaudiology@nhs.net

W: www.wiltshirechildrensservices.co.uk/audiology or
<https://bathneshealthandcare.nhs.uk/childrens/hearing-services/>