



## **PRE - APPOINTMENT IMPORTANT PATIENT INFORMATION**

Thank you for choosing Taw Ear Care for your treatment. Please find below some important information regarding the service.

If you're reading this then We almost certainly already have appointment booked. Thus, there are some tasks you need to do in preparation that are **vital for a successful outcome**. These are as follows;

Purchase some olive oil ear spray as soon as possible. Earol and CI-ear are both very good options and maybe available for most chemists or delivery from Amazon. If you are unable to get hold of a spray, then the olive oil ear drops are a good second option.

Start to use the spray/drops as soon as possible please. 2-3 sprays/drops at least twice a day, for a minimum of 5 days in both ears.

### **Please follow these instruction**

Tilt your head to one side or lie down (preferable), apply the spray/drops and try and rest in this position for at least 5 minutes, to allow oil to penetrate the ear sufficiently. Where possible, try and avoid wearing hearing aids (if applicable) until treatment. If there are days where this isn't possible, then apply the oil at night, but for 14 nights prior treatment.

**Please don't put cotton wool in your ears at any time.**

### **Notes;**

Often there is wax in both ears, even if the problem is only in one ear.

You may feel your ears are more congested while using the oil, this is perfectly normal.

Continue to use the spray/drops until your wax removal appointment.

**The better/more rigorous you are with your oil preparation, the better the outcome when we see you for removal of the wax.** After ear wax removal you will need to keep your ears dry for 24 hours.

## **IMPORTANT**

I will endeavour to remove as much wax as I'm safely able. If the oil has been applied as advised this should normally be a fairly quick procedure. However, if a second or subsequent visits are necessary **then a charge will be made of £45 for each visit.**

