

How do I know if I have excess earwax?

Many people don't realise they have a buildup of wax.

Signs and symptoms may include:

Poor hearing, Pain, Itchiness

A full sensation, Coughing

Dizziness, Balance problems

Ringing in the ears (tinnitus)

DO'S and DON'TS

✓ DO

- Gently wipe only the visible part of your ear with a damp cloth
- Have gentle micro-suction cleaning about once per year
- Use ear plugs in loud environments

X Don't

- Stick anything in your ear smaller than your elbow
- Use cotton buds or hair pins
- Attempt to clean anywhere in your ear that you cannot see
- Use ear candles – there is no evidence that they work, and they can damage or burn your ears

About Here for Ears

Here for Ears provides gentle, water-free, professional micro-suction ear cleaning that gives patients the confidence of improved hearing.

Virginia Meadows is an Endorsed Nurse Practitioner who has completed 160 hours of training with Crystal Clear Ears in Melbourne to be qualified in the Nationally Accredited course in Micro Suction and Aural Hygiene (10416NAT) as approved by Australian Skills Quality Authority (ASQA).



Here for Ears
Micro-suction ear cleaning

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Here for Ears
Micro-suction ear cleaning

Here for ears offers professional and effective removal of wax or objects from the ears.

The wax is cleared from your ear with tiny spoons and a suction straw

This is the method used by Ear, Nose and Throat Specialists and is dry, safe and effective without using water irrigation or syringing.



What you should know about earwax

Normal healthy ears DO contain earwax

There are two types of earwax: dry or wet. The wet earwax is sticky so that it can trap dust in the canal to protect your hearing.

Your ears are self-cleaning

Wax leaves the ear via special migrating skin cells that move it out. Using cotton buds or other objects can damage these cells, affecting your ear's ability to clean itself. Cotton buds can also push wax further in (impacted wax) or damage the ear drum.

Some ears block regularly

Some people are more prone to blockages due to overproduction of earwax, narrow or curvy ear canals, hairs in the canal, working in dusty or loud conditions or skin conditions.

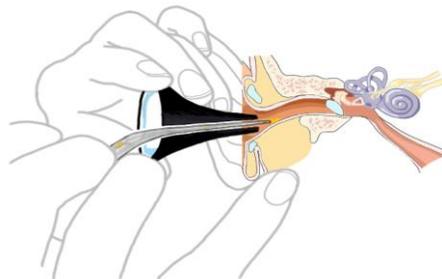


How micro-suction ear cleaning works

Micro-suction is a gentle, professional, water free way to remove earwax, dry skin or infection.

This is the same method used by Ear, Nose & Throat specialist doctors, without the need for a referral.

Here's how it works:



FUNNEL A small metal funnel is placed gently in your ear canal. The nurse practitioner uses this with binocular glasses fitted with a bright light or a microscope to see your ear canal up close.

MICROSCOPE

Ear suction may be used to remove earwax or objects from the ear canal. The nurse practitioner can see into the ear at all times making the treatment safe and effective.

SUCTION

Ear suction is carried out with a small sucker attached to a low-pressure machine that works like a gentle vacuum cleaner. The nurse practitioner may also use fine instruments (like tiny scoops) to help remove wax.

Frequently Asked Questions

Who can have micro-suction ear cleaning?

Micro-suction cleaning can be performed on adults, children and hearing aid wearers. Being water free, it is also the best method for those who have had ear surgery or a history of ear infections.

Do I need a Doctor's referral?

No, although your Doctor or audiologist may recommend you come to the clinic for wax removal or cleaning of an ear infection.

How long does it take?

Approximately 20-30 minutes, sometimes longer if there is a lot of wax.

Is it painful?

No, it is a ticklish sensation, and the suction makes a slurpy noise in your ear. Ear suction can be noisy and you may feel some mild discomfort. Occasionally mild dizziness may be experienced for a few seconds. If this occurs the nurse practitioner will stop the suction to allow the dizziness to settle.

Who provides micro-suction ear cleaning?

You can get micro-suction ear cleaning done at Here for Ears.

Is the nurse qualified?

The Nurse Practitioner has a Master's Degree as an Endorsed Generalist Nurse Practitioner and has completed a Nationally Accredited Course in Micro-suction & Aural (Ear) Hygiene.