

How do I know if I have excess earwax?

Many people don't realise they have a buildup of wax.
Signs and symptoms include:

poor hearing	coughing
pain	dizziness
itchiness	balance problems
a full sensation	ringing in the ears (tinnitus)

DO'S AND DON'TS



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



- 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 Crystal Clear Ears

Crystal Clear Ears provides gentle, water-free, professional micro-suction ear cleaning that gives patients the confidence of improved hearing. Caring and accredited ear nurses are unique in delivering safe, comfortable and effective ear cleaning, based on over nine years' experience in this specialised technique.

Locations

Glen Waverley | 290 Springvale Rd (cnr Ingram Rd)

Brighton | 339 New St

Morwell | Gippsland Audiology, 110 Commercial Rd

Surrey Hills | Sexton Chiropractic, 621 Whitehorse Rd

Geelong | Pakington Health, 374 Pakington St

Malvern | 4 Drysdale St

Croydon | 15 Devon St



1300 260 750

www.crystalclearclinic.com.au



How do I clean my ears?

How to keep your ears healthy



This guide gives you the facts and tips you need to keep your ears in a healthy condition.

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.

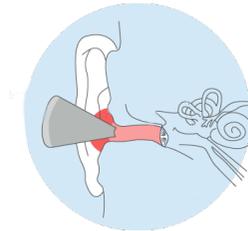
Some ears block regularly

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

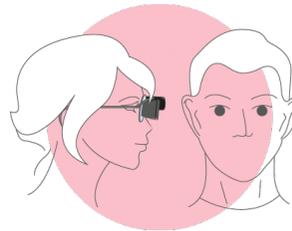
If your ears are blocked, removal using micro-suction ear cleaning is the safest and gentlest way to clean the ears. This is the same method used by Ear Nose and Throat specialist doctors.

Here's how it works:



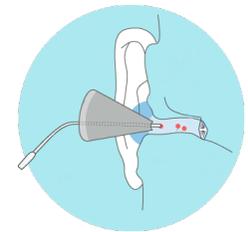
FUNNEL

A small metal funnel is placed gently in your ear canal. The nurse 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 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 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 15-30 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 will stop the suction to allow the dizziness to settle.

Who provides micro-suction ear cleaning?

You can get micro-suction ear cleaning at Crystal Clear Ears. Call 1300 260 750 or book online at www.crystalclearclinic.com.au.

Is the nurse qualified?

All Crystal Clear Ears nurses are qualified general registered Division 1 nurses, who specialise in Ear Nursing and have completed our Nationally Accredited Course in Micro-suction Ear Hygiene.