

After Care Advice.

I would personally like to thank you for using Peninsula Ear Care. I hope that you found the service and treatment to have been helpful and resolved your ear blockages. It is possible that your ear(s) are sensitive for a short time and should settle within a few hours. You may feel that the surrounding sounds are too loud, this may be worse if you have had blocked ears for some time and sometimes simple analgesia is helpful, such as Ibuprofen or Paracetamol.

You will be at a slightly increased risk from infection for a few days, due to the removal of the wax and as a result the lining of the ears have been disturbed. Therefore, it is important that you keep your ears dry and avoid 'in-ear music buds' for a few days. Very rarely, Tinnitus may occur particularly when suborn wax has been removed; this will normally settle within a few hours.

For the first 2 days.

- Keep the ears dry to reduce the potential of any infection.
- Avoid loud noise.
- Avoid exposure to cold air for a few days. Cover your ears with hat or scarf in the winter.

If you have worsening symptoms, call the GP for advice.

Long term ear care

- Avoid loud noise at all times, to prevent Tinnitus and hearing damage.
- Never insert any object into the ear as this pushes wax deep in to the ear and will cause more problems.
- Contact Peninsula Ear Care for ongoing maintenance for ear health.

I hope to be able to see you in future for any ongoing ear blockages. You can contact on the email below. For future bookings please use the website.

Tim

Facebook: facebook.com/peninsulaearcare

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