

## Ear Syringing

Oil **must** be placed in your ears for 3-4 nights before you can have your ears syringed at TMC. We recommend you follow the steps below at night, prior to sleep as the oil will temporarily block your hearing. If the wax has not been adequately softened, the Nurse may not do the procedure as it could be unsafe.

### Steps before procedure.

1. Place towel over your pillow case to help protect it from the oil.
2. Lie down on your side and put ½ to 1 tsp of cooking oil or mineral oil into your ear. (Avoid Baby Oil as it contains perfume and can cause irritation.) TIP: Dip a cotton ball into the oil and squeeze it gently into your ear until it is full.
3. Remain lying down for 5-10 minutes so the oil has a chance to penetrate the wax and soften it.
4. Turn over and repeat procedure in other ear if both ears require syringing.
5. Repeat this nightly for 3-4 nights before coming to the clinic for your ears to be syringed.
6. Check in with the front desk upon arrival and let them know you have followed the above steps. There will be a wait to see the nurse for ear syringing so please be patient.



### Hours for ear syringing are as follows:

**Tuesday/Wednesday/ Thursday 9:30-11:30 and 1:30-4:30**

**Friday 9:30-11:30 and 1:30 – 3:30**