

# Life is Busy, Let Freedom Be Your Ear Care Sanctuary

## Satellite Clinic Locations

- Middleton Cheney and surrounding villages
- Banbury
- Brackley

## Home and Workplace visits

Please speak to us about having treatment in the comfort of your own home and the convenience of your workplace.

## Contact Us

- 📞 07816 864 632 to discuss options and pricing
- ✉️ [angie@freedomhealthgroup.co.uk](mailto:angie@freedomhealthgroup.co.uk)
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Ear Wax Removal Specialist

**Ear Wax Removal Aftercare**  
Let Freedom be your Ear Care Sanctuary

## Why Choose Freedom Health Group?

Freedom ear care is a specialist earwax removal provider offering a unique level of service in the comfort of your own home, workplace and at satellite clinics in the local community.

Freedom works closely with other health care professionals, GP, Pharmacists and Audiologists to provide you with a wrap-around service for continuing high quality ear healthcare.

We pride ourselves in delivering safe, effective kind care, offering various options for wax removal using latest technology.

We recommend using Olive Oil at least 3 days prior to your appointment to ease the removal process. Avoid putting anything into your ear to remove wax. Get in touch and we will look after you.



### Suspected Infection

Your ears may block up in 1-7 days if you have an ear infection.

Having **microsuction** will remove the debris but will not remove the infection. However, having a clearer ear will allow the antibiotics to work and get to the root cause. If an infection is suspected on the day of the procedure, you will be advised to speak with your pharmacist or GP for treatment. If an infection is noted after wax removal, we recommend the same approach.

Having **warm water irrigation** is very effective for wax removal, we recommend you avoid getting ears wet for 5-7 days post treatment. Place a piece of cotton wool or ear plugs in your ears before swimming or showering.

Having microsuction is fine to allow water in your ears immediately following the procedure.

### Sore Ear: Before Wax Removal

If you are experiencing mild, achy pain this maybe due to the amount of wax build up in your ears and wax removal will possibly resolve this. For moderate to severe pain, this could be an underlying infection, and we advise you to speak with your GP before any procedure.

### Sore Ear: After Wax Removal

This is extremely rare, however, if you are experiencing mild pain, this maybe due to removal of large amounts of wax in conjunction with extremely sensitive ears. For moderate to severe pain, you may have an underlying infection, and we recommend you visit your Pharmacist/GP.

### Swimmers Ear

If you submerge your head when swimming, it is inevitable that water will enter your ears if they aren't protected by ear plugs. In most cases it will come out, but if water gets trapped in your ear, it risks growing bacteria which can then cause infection, with symptoms such as; muffled hearing, feeling of fullness in the ear canal and a tickly feeling in the ear. If you experience any of the above symptoms, please contact us for advice.

### Sinus / Blocked Ear

Having blocked ears for weeks/months can cause a pressure build up, this can give you a feeling of having cotton wool in your ears. Once wax is removed the pressure will disperse but is not always an instant fix. It is quite normal to have a 'blocked' feeling continue for a few days after wax removal. You may have the same effect from flying on an aeroplane with excessive amount of wax or a head cold.

If there is a prolonged blockage for more than a few days after the wax removal, please contact us for advice. Alternatively speak with your Pharmacist/GP.