

Ear health

Problems with your ears can be painful and frustrating. Without treatment it can effect your balance and hearing. There are some simple ways to keep your ears healthy. Speak to your GP if you need more help.

Ear wax

Ear wax is how your ear protects and cleans itself. Wax usually falls out of your ear.

Don't put things in your ear or use a cotton bud to try to remove ear wax. You can make the problem worse or hurt your ear.

Ear wax can build up and cause problems with:

- dizziness or nausea
- falling over
- hearing

[NHS information](#) on how to prevent and remove a build up of wax at home

[Royal National Institute for deaf people \(RNID\) has more information about common ear problems](#) and how to look after your ears.

Ear wax removal

Not all GPs offer ear syringing or micro suctioning services. You can get advice from your:

- [Pharmacist](#)
 - [Doctor or GP](#)
 - [NHS 111](#)
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Private ear cleaning services

You can pay to have your ear wax removed at places such as:

- [Specsavers](#)

- **Boots**
 - private audiologist or hearing aid services
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Change in your hearing or deafness

Your hearing can change over time. Support is available in Newcastle if you need it.

Read more on InformationNOW about [deaf or hard of hearing support](#).

Ear problems, injuries or emergencies

[Ear, Nose and Throat \(ENT\) at the Freeman Hospital](#) is the specialist department who treats ear problems and ENT urgent care for emergency situation. To use this service you need to be referred by your GP or [NHS 111](#). This is not a walk in service.

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Useful Organisations

NHS 111

Website: www.nhs.uk/111

Boots

Email: boots.customercare_team@boots.co.uk

Website: www.boots.com

Telephone: 0345 070 8090

Superdrug

Website: <https://www.superdrug.com/>

Telephone: 0345 070 8090

Lloyds Pharmacy

Website: <https://lloydspharmacy.com/>

Telephone: 0345 070 8090

Royal National Institute for the Deaf (RNID)

Email: contact@rnid.org.uk

Website: <https://rnid.org.uk/>

Telephone: 0345 070 8090

Address: RNID, Brightfield Business Centre, PE2 6XU

Specsavers

Email: info@specsavershealthcall.com

Website: <http://www.specsavers.co.uk>

Telephone: 0800 198 1132

Related Articles

[Deaf and hard of hearing](#)

[Your Doctor or GP](#)

[Pharmacy \(or Chemists\)](#)