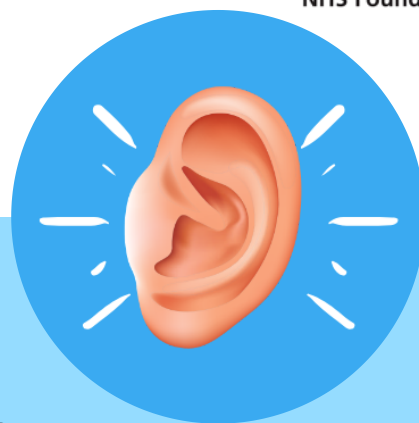


## What can I do if my ears itch?



**Resist the temptation to scratch your ears or poke anything in them, to stop the**

**itching.** Similarly, you should not attempt to wash your ears out with the shower head. Doing these things could damage the delicate skin in your ear canal, and increase the likelihood of an ear infection.

Itchy ears may be caused by...

**Wax build up:** try using olive oil drops or other wax softeners such as sodium bicarbonate drops.

**Skin conditions such as eczema or psoriasis:** try using E45 cream or other emollient; occasional sparing use of Hydrocortisone 1% cream, which can be purchased at your local pharmacy, can also relieve itching caused by eczema.

**Ear infections:** mild outer ear infections may be treated with a product called Ear Calm Spray; this helps to restore the natural acidity of your ear canal and can be purchased at your local pharmacy.

*Please note if you are having regular ear infections, the infection is accompanied by a very high temperature, swelling around the ear, pus coming from the ear, or earache that does not improve after 3 days; you should contact your GP.*