



Ear care routines for everyone

The ears are sensitive, delicate and complex organs that are open to the external world. Regular bathing, showering, swimming and the use of in-ear devices makes it important to look after them.

Learning objectives

Be able to recognise different ear care needs

Improve knowledge about the Earol® range and its safety, efficacy and convenience

Be able to explain the metered dose spray system and its advantages



Ear care

Earwax protects the ears from dirt and infection-causing organisms. It usually falls out on its own¹ but sometimes it builds up and becomes problematic.

Cleaning the ears with objects, such as cotton buds, can injure or scratch the skin lining the outer ear canal and only removes some of the earwax.² The remainder is likely to be pushed deeper into the ear, leading to wax build-up and blockages.²

Moisture trapped in the ear after swimming, diving or taking a shower or bath can also remove earwax and soften the skin, potentially leading to inflammation and an outer ear infection (*Otitis Externa*), also known as swimmer's ear.³

Symptoms of earwax build-up:¹

- Earache or a blocked ear feeling
- Hearing loss
- Ringing or buzzing in the ears (tinnitus)
- Vertigo (feeling dizzy and sick)

Symptoms of swimmer's ear:³

- Itchiness in the ear
- Pain (especially when tugging or pressing on the ear)
- Trouble hearing (e.g. muffled sounds)
- Fluid or pus draining out of the ear

Treating earwax build-up with Earol®

All Earol® products are backed by clinical research and use naturally-based ingredients, providing gentle care and protection for ears since 2004.

NICE guidance states that if earwax removal is indicated, olive or almond oil-based products are an approved option.⁴

PHARMACEUTICAL-GRADE OLIVE OIL is clinically proven to soften, loosen and break up earwax so it can leave the ear naturally.² It also lubricates the ear canal prior to earwax removal, and soothes itchy and irritated ears caused by dry earwax. Olive oil is a natural product and no side effects or medicinal interactions have been reported with this product. However, it should not be used by someone with a sensitivity or allergy to vegetable or mineral oils.

SWEET ALMOND OIL has natural emollient and moisturising properties.⁵ In addition to softening earwax, it prevents and soothes dry and itchy skin inside the ear canal.⁶ It is suitable for a range of skin types, including sensitive skin, but not for those sensitive or allergic to any of the components.





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Earol® has a simple yet unique delivery system capable of delivering a discrete unit dose of oil into the outer ear:

- The unique spray delivery system⁴ enhances ease of use, reducing over-application and significantly minimising spillage/mess
- When using Earol®, the exact quantity of oil is dispensed into the ear canal from the metered dose actuator
- The oil is aerosolised into a direct mist spray which adheres to the ear canal walls
- There is no need to use unsightly cotton wool swabs or to wait for the oil to fill the ear canal, as Earol® oil starts working immediately.

The range includes:



	Earol® Olive Oil Spray	Baby Earol Olive Oil Spray	Earol Swim	Earol Almond Oil Spray	Earol Aftercare Spray
Product description	Blend of pharmaceutical-grade olive oil & mineral oil	Blend of pharmaceutical-grade olive oil & mineral oil	Blend of pharmaceutical-grade olive oil, tea tree oil & mineral oil	Blend of sweet almond oil & alkane	Mix of sweet almond oil & alkane
Best for	General earwax build-up/ pre-procedure softening	Infants (6 months +) with dry, sensitive ears e.g. eczema-prone skin	Swimmers and those concerned about water-related ear infections	Sensitive or dry ear canals	Post-procedure ear care
When to use	● Apply twice a day for 4-5 days before wax removal and ongoing maintenance ● Apply weekly after removal to support ear hygiene	● Apply twice a day for up to 7 days before wax removal ● Apply weekly to prevent earwax build-up	Apply before swimming or water exposure	● Apply twice a day for 4-5 days before wax removal and ongoing maintenance ● Apply weekly after removal to support ear hygiene	After wax removal procedures. Apply as directed by the pharmacist, audiologist, doctor or nurse
Key benefit	Clinically proven to soften, loosen and lubricate earwax for natural removal	Gently soothes irritation and helps keep ears clean and comfortable	Forms a water-resistant barrier to reduce trapped moisture and infection risk	Moisturises and soothes while softening earwax with gentle almond oil formulation	Hydrates and soothes the ear canal, helping prevent dryness and irritation

References 1. NHS. Earwax build-up. 2024. Available at: <https://www.nhs.uk/conditions/earwax-build-up/> 2. InformedHealth.org [Internet]. Cologne, Germany: Institute for Quality and Efficiency in Health Care (IQWiG); 2006-. Outer ear infection: Research summaries – What helps if earwax builds up? [Updated 2023 Jun 13]. Available at: <https://www.ncbi.nlm.nih.gov/books/NBK279353/> 3. WebMD. What is swimmer's ear? 2024. Available at: <https://www.webmd.com/cold-and-flu/ear-infection/understanding-swimmer-ear-basics> 4. NICE CKS. Earwax: Management. Updated October 2025. Available at: <https://cks.nice.org.uk/topics/earwax/management> 5. Science Direct. Almond Oil. Available at: <https://www.sciencedirect.com/topics/agricultural-and-biological-sciences/almond-oil> 6. Hearing Now. What is the best formula for regular maintenance of a dry and itchy ear canal? March 2025. Available at: <https://www.hearingnow.co.uk/learning/what-is-the-best-formula-for-regularly-oiling-your-ears-almond-or-olive-oil> Online sources last accessed March 2026.

*Audiology Questionnaire Report, survey completed by 136 ear care specialists, 2019
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