

## Never poke anything in your ears

If you think that you have an infection or blockage in one of your ears, see your doctors.

Unless your doctors or ear specialist has prescribed eardrops, or you are using earplugs, you should never put anything in your ears.

### This includes:

- **Cotton wool buds:** These leave behind tiny filaments that can irritate the skin of your ear. In using them, you may push wax that is in your ear down on to your eardrum where it can cause damage. In extreme cases, this may cause acute pain and deafness. By using cotton wool buds you may actually increase the amount of wax your ears produce.
- **Fingers or towels:** Again, they may damage the skin of your ears and carry infection.
- **Dirty water:** This may carry bacteria that can cause an infection and can also block your ear temporarily. Public swimming pools may not be well maintained.

© Adventis (Advanced ENT services)



## Our Services

Adventis ENT Services is dedicated to providing excellence in standards of care to children and adults for all conditions of Ear, Nose & Sinus, Throat & Voice, Head & Neck, Hearing & Speech disorders

The team of Adventis ENT Services is led by Dr Ameet Kishore FRCS(UK), an ENT, Cochlear Implant & Neuro-otologic Surgeon with over 25 years of experience. He has brought together International Experience and Advanced Technology to offer the highest level of patient care and excellence in medical treatment

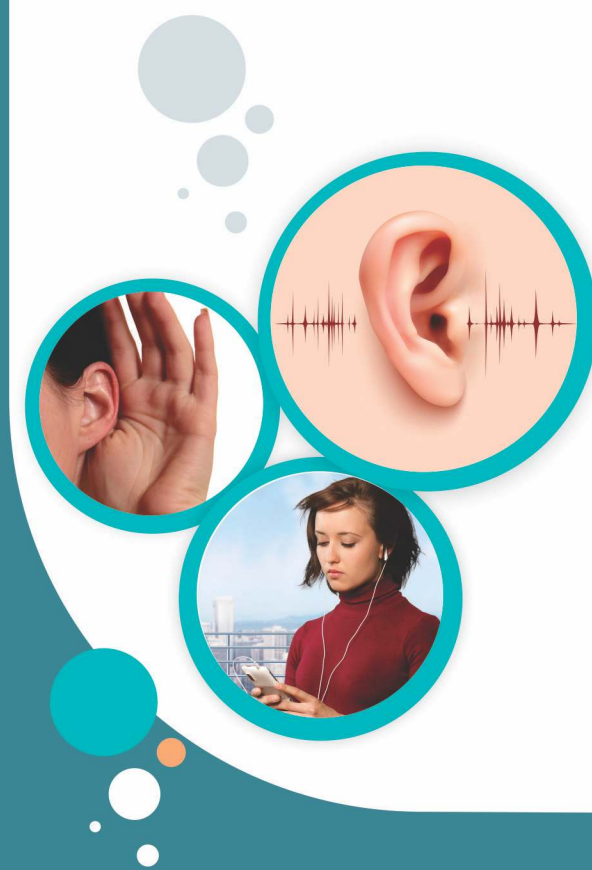
- Endoscopic & microscopic examination of ear, nose and throat
- Microscopic surgery for ear, hearing restoration & neuro-otology
- Cochlear Implant and Implantable Hearing device programme
- Endoscopic surgery of nose, sinus & skull base
- Paediatric ear, nose, throat and airway surgery
- Head-neck, salivary & thyroid gland surgery
- Snoring, sleep apnoea, robotics, lasers and radiofrequency
- Comprehensive hearing testing facility for children and adults\*
- Provision for fitting of hearing aids and for Hearing - Speech therapy\*

We want you to feel confident that you are working with doctors and professionals who are qualified, experienced and caring to provide you personalised and professional care to improve your quality of life.

## ENT & Cochlear Implant Clinics

- Delhi
- Gurgaon
- Noida
- Faridabad
- Patna

For assistance : +91 9654518169, +91 8285511959



# Look After Your Ears

## Look after your ears

We do not often think about our ears or about looking after them, but we should. It is very easy to damage your hearing.

The best way to look after your ears is to make sure objects and noises that can cause damage do not get into them.

## What can damage your ears?

- Loud noises-either exposure to short burst of very loud noise or long-term exposure to loud noise-can damage the inner ear, making your hearing less acute.
- Objects, such as cotton wool buds, fingers, or the corners of towels may cause irritation, damage or infection.
- Water can carry bacteria that may cause infections. Untreated infections can cause permanent damage.
- Some drugs can damage your hearing: for example aspirin if you take a lot of it: or the antibiotics streptomycin and gentamicin. See our list of Ototoxic drugs for more information.



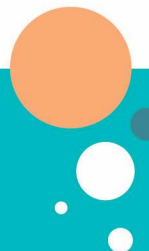
## Loud noises can damage our hearing

Ears are very delicate and complex. They contain thousands of tiny cells that process sounds and pass information on to your brain. Loud noises can damage some of the cells so that they stop working. Once this happens, there is no cure.

Unfortunately, the damage is invisible. You probably will not notice a hearing loss right away. Noise can damage your ears without you realising it. A hearing loss can make a big difference of your life-it can be isolating because conversation becomes hard to follow.

Damage to your ears does not just mean hearing loss. You may get tinnitus-persistent ringing or other noises in your ears-or become unusually sensitive to sound, which can be distracting and uncomfortable. The louder the noise is and the longer you are exposed to it, the greater the risk. If you have to be in a very noisy situation, always protect your ears with plugs or muffs and get away from the noise as quickly or as often as you can.

Loud noise is a feature of everyday life, so you will not be able to cut it out completely, but there are some things you can do to reduce the risk of noise damage.



- Do not turn your television or sound system up too loud.
- Do not use your personal stereo at full volume
- Always wear ear protectors if you are using noisy equipment such as drills, saws, sanders or lawnmowers.
- Keep clear of places where there is very loud music-or wear ear protectors.
- Do not go shooting without the proper sort of ear protectors. Explosive noises can damage your hearing instantly.
- Complain to the cinema manager if a film soundtrack is uncomfortable loud.
- Remember that damage done to your ears by loud noise from different sources adds up over the years. Looking after your ears now will be good for your social life later.

