

audiclean®

Total Ear Care System

Audiclean **Total Ear Care System** is the safe and effective way to:

- help remove troublesome built-up earwax
- help prevent wax build-up through regular use

How do I know if I have excessive wax build-up?

There are several symptoms that indicate you may have a build-up of earwax, including:

- Difficulty hearing
- Pain in the ear or ears
- Ringing noise in the ears
- A feeling of blockage in the ears
- Temporary deafness after swimming or taking a shower or bath.

Why do I have excess earwax?

The ear is the centre of balance and hearing. It is a fragile organ that should be treated with extreme care. To prevent dirt from entering into the delicate ear canal, the ear produces a protective layer of wax. The wax is then expelled naturally. Some people are more prone to excess earwax than others, for various reasons including:

Physiology. A narrow-shaped ear canal may trap excess earwax. This is often seen in children.

Hair. Primarily experienced by men, hair can trap earwax.

Environment. Working in dusty or dirty environments, particularly outdoors, can cause the ear to produce excess wax to help prevent particles from entering the ear canal.

Frequent hearing aid/headset users. Placing anything in the ear that keeps it sealed for a period of time may increase the production of wax, which can then lead to discomfort when using hearing aids or headsets.

Swimmers. Frequently submerging the ears in water may contribute to increased wax production.

Cotton buds. Using cotton buds can push wax deeper into the ear, sometimes creating a blockage.

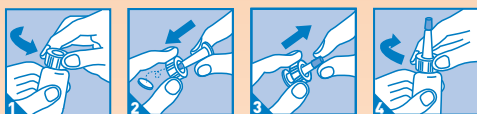
Using Audiclean Total Ear Care System

Audiclean Total Ear Care System helps you to solve the problem of excessive earwax.

For the first 3 days of treatment, it is important to use Audiclean Earwax Remover to soften and clear excess earwax. Once ears are clear, it is recommended to use Audiclean Ear Cleansing Wash to cleanse ears and prevent future wax build-up.

1 DAYS 1-3 OF TREATMENT

How to assemble Audiclean Earwax Remover



1. Unscrew and remove white lid from bottle.
2. Push the tip of dropper through the top of the lid to remove protective seal and then discard seal.
3. Insert the tip of the dropper upwards through the hole in the lid until dropper clicks into place.
4. Screw the assembled lid with the attached dropper back onto the bottle.

How to use Audiclean Earwax Remover

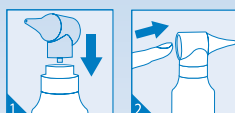
1. Assemble as above.
2. Ensure you shake bottle well before use.
3. Unscrew and remove orange cap.
4. With head tilted to one side, fill the ear with Audiclean Earwax Remover by gently squeezing the soft area of the plastic dropper (on average, 2 or 3 drops will fill the ear).
5. Slowly return head to upright position and leave drops to act for 25 minutes.
HINT: Loose moistened cotton wool may be used in the entrance of the ear to keep Audiclean Earwax Remover in the ear canal.
6. After at least 25 minutes, wash away the Earwax Remover with Audiclean Ear Cleansing Wash (See section 2 for usage instructions).
7. Repeat this process 3 times a day whilst symptoms clear. Treatment usually takes 2-3 days.
8. If treating both ears, wait until you have washed Earwax Remover away before tilting head to treat other ear, or ensure ear is sufficiently sealed with cotton wool. This will help prevent the Ear Wash Remover from dripping out of your ear.

If symptoms persist, consult your healthcare professional.

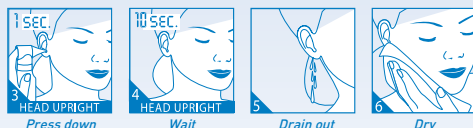
2 DAYS 4+ OF TREATMENT

How to use Audiclean Ear Cleansing Wash

For best results, use Audiclean Ear Cleansing Wash initially once a day for 10 days, then you can reduce use to 2-3 times a week.



1. Attach nozzle on top of the bottle by pressing gently into place.
2. Place index finger into nozzle.



3. Gently insert nozzle into ear, while keeping head upright; depress for 1 second.
4. Leave solution in ear for at least 10 seconds.
5. Tilt head to allow wash to drain out.
6. Pat dry gently with clean towel or tissue.
7. Continue to use Audiclean Ear Cleansing Wash 2-3 times a week to help ensure healthy clean ears and the prevention of future wax build-up.

TIP: Most people find it easiest to use Audiclean Ear Cleansing Wash in the shower or bath or in a seated position.

If symptoms persist, consult your healthcare professional.

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Frequently Asked Questions

Why is ear hygiene important?

The accumulation of earwax can lead to serious disorders. Maintaining good ear hygiene can help to avoid problems such as hearing loss, buzzing, impaction, and loss of balance.

Why are cotton buds dangerous?

The regular use of cotton buds in the ear canal may actually push earwax back into the external auditory canal, which can encourage the development of wax plugs and associated disorders.

Problems that may be associated with the use of cotton buds in the ear include: external otitis, chronic earwax plugs, eczema, fungal infections, accidental perforation of the tympanic membrane (eardrum), itching and inflammation of the external auditory canal. Doctors and healthcare specialists advise against the use of cotton buds inside the ear.

Who can use Audiclean?

Audiclean Ear Wax Remover is suitable for use by children from 3 years to the elderly. Audiclean Ear Cleansing Wash is suitable for babies from 6 months to the elderly.

Audiclean Ear Wax Remover is not suitable for use during pregnancy, while breastfeeding or if allergic to any of the product ingredients.

Please consult your medical professional before use if you suffer from any of the conditions listed under "Cautions".

Is it safe to use Audiclean products regularly?

Unlike many other products to clear earwax, there is no restriction on how often you use Audiclean products. Only safe, naturally-sourced ingredients are used – in particular Audiclean does not use hydrogen/urea peroxide which can be very irritating to the delicate tissue of the ear.

Is it OK to use Audiclean on my baby or child?

Audiclean products are safe to use for children from 3 years (Earwax Remover) and from 6 months (Ear Cleansing Wash). Parents often find it easiest to use Audiclean Ear Cleansing Wash in the bath and to make a game of it – babies and children usually rather like it!

How should my ears feel after I use Audiclean Ear Cleansing Wash?

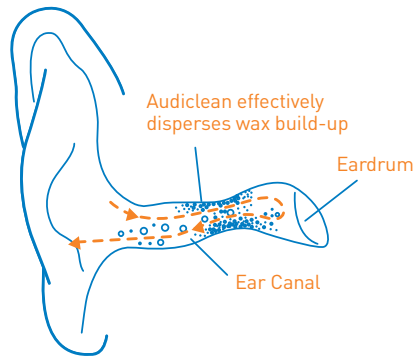
The first time you use Audiclean Ear Cleansing Wash you may experience a feeling of temporary coolness and fullness while the Wash is in the ear. This feeling should resolve itself once you tilt your head to allow the excess Wash to flow out of the ear. With continued use of Audiclean, these feelings will reduce and your ears will be left feeling fresh and clean.

The Audiclean Ear Cleansing Wash doesn't seem to spray directly into my ear.

When you depress the Ear Cleansing Wash nozzle, you may notice the product doesn't produce a heavy direct spray. That's because Audiclean's soft, circular spray is specially designed to be as gentle as possible – delivering Cleansing Wash to the ear, while avoiding any direct contact with the sensitive eardrum.

Can I buy Ear Cleansing Wash separately?

A value-sized 115ml bottle of Audiclean Ear Cleansing Wash is available for purchase separately from most pharmacies.



Ingredients

Audiclean Earwax Remover: purified water, apricot kernel vegetal oil, eucalyptus globulus essential oil, mild vegetal emulsifier.

Audiclean Ear Cleansing Wash: 100% Sea Serum® (natural, chemical-free, pH-balanced, sterile, isotonic seawater - rich in bicarbonates).

Cautions

Audiclean Earwax Remover

Consult a medical professional before using Audiclean Earwax Remover if you have: an ear infection, "swimmer's ear", balance disorders, history of ear surgery, eardrum perforation, pressure-equalizing tubes (PETs/grommets), balance disorders or a foreign item in the ear. Not for use during pregnancy, while breastfeeding, or if allergic to any of the product ingredients. In case of pain or a persistently clogged ear, discontinue use and consult your medical professional. Do not use for children under 3 years. Store at room temperature 20-25°C. Do not freeze. For external use only.

Audiclean Ear Cleansing Wash

Do not use if you have ear pain, an ear infection, "swimmer's ear", an eardrum perforation, pressure-equalizing tubes (PETs/grommets), balance disorders, had ear surgery or if you have a foreign item in the ear or a hard and/or obstructive earwax blockage (indicated by difficulty hearing, pain, ringing noise, feeling of blockage, temporary deafness after swimming or shower). If you are diabetic or have immuno-suppression issues, consult a medical professional before use. Do not use for children under 6 months.

For further information, visit www.audiclean.co.uk

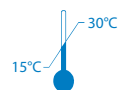


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Passion For Life Healthcare (UK) Ltd
Pioneer House, Pioneer Business Park,
North Road, Ellesmere Port, CH65 1AD,
United Kingdom
Telephone Helpline 0800 096 11 21

Manufactured by:

 **laboratoire
de la Mer**
35400 Saint-Malo, France
www.laboratoirede.lamer.com



Audiclean Earwax
Remover



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Audiclean Ear
Cleansing Wash*

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