

Blocked Ears Explained: Symptoms, Causes, and Safe Earwax Removal

Earwax is a natural substance that protects your ears by trapping dust, debris, and bacteria. Under normal conditions, it clears itself from the ear canal without you even noticing. However, when earwax builds up or becomes impacted, it can lead to a variety of uncomfortable and sometimes distressing symptoms.



Understanding the signs of earwax blockage can help you act early and avoid complications. If you're experiencing ear discomfort or hearing changes, this guide will help you identify the symptoms and know when professional treatment from specialists like [Ealing Hearing](#) is the safest solution.

Why Does Earwax Become a Problem?

Earwax blockage usually occurs when the natural cleaning process of the ear is disrupted. Common causes include:

- Wax building up faster than it can exit the ear
- Using cotton buds, which push wax deeper
- Hard or dry earwax

- Narrow or curved ear canals
- Regular use of hearing aids or earbuds
- Skin conditions affecting the ear canal

Blockage can develop gradually or appear suddenly, often after showering or wearing earphones.

Common Symptoms of Earwax Blockage

1. Blocked or Heavy Feeling in the Ear

Many people describe a sensation of pressure or fullness, as if the ear is plugged. This may worsen when lying down or after exposure to water.

2. Reduced Hearing

Earwax can prevent sound from reaching the eardrum, causing temporary hearing loss. Signs include:

- Difficulty hearing conversations
- Turning up the TV volume
- One ear hearing worse than the other

Hearing usually returns immediately after professional wax removal.

3. Ringing or Buzzing (Tinnitus)

Blocked ears may trigger tinnitus, such as ringing, buzzing, or humming sounds. This happens when wax interferes with normal eardrum movement.

4. Ear Pain or Sensitivity

Impacted wax can irritate the ear canal, leading to:

- Dull or sharp pain
- Discomfort when chewing
- Tenderness around the ear

Pain may indicate hardened wax or early infection and should not be ignored.

5. Itching Inside the Ear

Dry or compacted wax often causes irritation. Scratching or using cotton buds can worsen the blockage and damage the ear canal.

6. Dizziness or Balance Issues

In some cases, earwax can affect balance, causing mild dizziness or a feeling of being off-balance. This should always be checked by a professional.

7. Echoing or Distorted Sounds

You may hear your own voice loudly, notice echoing, or experience crackling sounds when chewing or moving your jaw.

8. Persistent Cough

A lesser-known symptom—wax pressing on a nerve in the ear canal can trigger an unexplained cough.

9. Discharge or Odour

If wax traps moisture, it can lead to:

- Sticky or coloured discharge
- Mild odour
- Warmth or discomfort

These signs may suggest infection behind the blockage.

Why Early Treatment Matters

Ignoring earwax symptoms can lead to:

- Temporary hearing loss
- Increased risk of ear infections
- Worsening tinnitus
- Ongoing discomfort and inflammation

Early, safe removal restores hearing quickly and prevents complications.

Safe Earwax Removal at Ealing Hearing

Ealing Hearing provides [professional microsuction earwax removal](#), a safe and recommended method used by audiologists.

Benefits of Microsuction:

- No water or flushing
- No pressure on the eardrum
- Suitable for sensitive ears
- Clean, quick, and comfortable
- Immediate improvement in hearing

Learn more here:

 <https://www.ealinghearing.co.uk/ear-wax-removal>

When Should You Book an Appointment?

You should seek professional earwax removal if:

- Symptoms last more than 1–2 days
- Hearing feels blocked or muffled
- You experience ringing or pain
- Eardrops haven't helped
- You wear hearing aids or earbuds regularly

Final Thoughts

Blocked ear symptoms can be subtle at first but may quickly affect your comfort and hearing. Recognising the signs early and choosing safe, professional earwax removal is the best way to protect your ears.

Book Your Appointment Today

For fast, gentle, and expert earwax removal, contact **Ealing Hearing**.

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