

RHRP Ear Exam Follow-up Instructions

We were unable to perform your hearing test today due to an abnormal ear exam.

General Instructions:

- You ear exam showed an abnormal condition that can affect the validity of your hearing test.
- Follow the instructions listed below specific to the condition the ear examiner informed you about.
- **Once your ear condition has resolved, call Leidos QTC at (833) 782-7477 to reschedule your hearing test.**
 - Army, Navy, Marines, and Coast Guard service components must complete rescheduled exams within 90 days.
 - Air Force service component must complete rescheduled exams within 60 days.

Excessive Earwax:

- **DO NOT Insert Objects.** Do not use cotton swabs, hairpins, or other objects to clean your ears, as this can push wax deeper and cause blockages or injury.
- **Use Ear Drops.** Over-the-counter ear drops, mineral oil, or hydrogen peroxide can help soften ear wax. Follow the instructions on the product label for proper use.
- **Warm Water Rinse.** In the shower, allow warm water to run into your ears to help loosen wax. Tilt your head to let the water drain out afterward. After rinsing, gently dry your ears with a soft towel. Avoid inserting anything into the ear canal.
- **Watch for Symptoms.** Be aware of symptoms like pain, hearing loss, or discharge. If you experience any of these, consult a healthcare professional.
- **Consult a Doctor.** If self-care methods do not alleviate your symptoms, or if you have concerns about ear wax buildup, seek medical advice for appropriate treatment.

All other abnormal findings will require medical attention:

- **Consult a Doctor.**

Disclaimer: *This document contains information and/or instructions developed for the typical patient with your condition. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. **For any questions, call the RHRP Call Center at (833) 782-7477.***