

How to use Ear Drops

USING OLIVE OIL EAR DROPS

Olive oil encourages the natural movement of wax from the outer ear

It is advisable to buy a bottle of olive oil and 'dropper' from your local pharmacist. Use olive oil drops as directed by your nurse.

Most patients find that applying 1-2 drops at night, for 3-4 nights prior to an appointment, is helpful for wax removal. If you have continued problems with excessive wax it may be beneficial to use 1-2 drops of olive oil each week. This will not stop wax collecting, but will make removal easier.

1. Lie down on your side with the affected ear upwards.
2. Gently pull the outer ear backwards and upwards (*see diagram below*). Using room temperature olive oil and the dropper drop 1-2 drops in the ear canal and gently massage the area in front of the ear.
3. Remain lying down for 10 minutes and then wipe away any excess oil. DO NOT put any cotton wool in your ear canal as this will absorb the oil.
4. Repeat the procedure with the opposite ear if necessary.

USING DROPS PRESCRIBED BY THE DOCTOR OR NURSE

1. Follow the instructions as for olive oil ear drops.
2. You will need to use the drops more frequently than the olive oil drops. Please follow the instructions on the bottle.
3. Make sure you complete the course of treatment.
4. Drops should be instilled for 14 to 21 days

DO NOT FORGET:

- It is not advisable to leave cotton wool in your ear.
- If you have drops prescribed by your doctor or nurse complete the course of treatment.