How to use ear drops prior to ear irrigation



A Patient Information Leaflet

**Buy a `dropper' bottle of olive oil from
your Chemist**

**INSTILLATION OF EAR DROPS**

Preparation for wax removal - or to encourage normal expulsion of wax

from the outer ear.

**WHEN USING OLIVE OIL**

 Most patients find that applying drops 2 times daily **for a minimum of 2 weeks** prior to

 a consultation for wax removal is helpful.

 Your nurse or doctor may suggest using olive oil once every week as a preventative

 treatment

1. Lie down on your side with the affected ear uppermost
2. Pull the pinna (outer ear) backwards and upwards (see diagram below). Fill the ear canal

 with oil, at room temperature, and massage the tragus just in front of the ear

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1. Remain lying down for 5 minutes and then wipe away any excess oil. DO NOT leave

 cotton wool at the entrance to the ear

1. Repeat the procedure with the opposite ear if necessary

**WHEN USING ANTIBIOTIC / ANTI-INFLAMMATORY EAR DROPS**

1. Hold the head to one side with the affected ear uppermost
2. Pull the pinna (outer ear) backwards and upwards (see diagram below). Drop 2 or 3 drops

 of oil, at room temperature, into the ear canal and massage the tragus just in front of the ear

1. Return the head to the upright position and wipe away any excess drops

DO NOT leave cotton wool at the entrance to the ear

**FOR PEOPLE WHO HAVE HAD A MASTOID OPERATION**

**A. When using Olive Oil**

* The olive oil drops have to reach 2 areas of the ear: straight down the ear canal,

 as previously described, and also backwards

* FIRSTLY, put the drops in as previously described
* THEN, in order to reach the wax which may accumulate in the "back space"

(see diagram below)

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* Lie on your back and drop 2-3 drops of oil upwards and backwards into the

 ear canal

* Stay in this position for 5 minutes and then wipe away excess oil - as previously

 explained

 **B. When using Antibiotic/Anti-Inflammatory Ear Drops**

* Remember to not only put the prescribed drops into the ear canal, but also into

 this "back space"