

DO NOT FORGET:-

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

If you experience any difficulty, please contact:-

Scarborough Medical Group—Danes Dyke

463a Scalby Road

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Tel: 01723 375343

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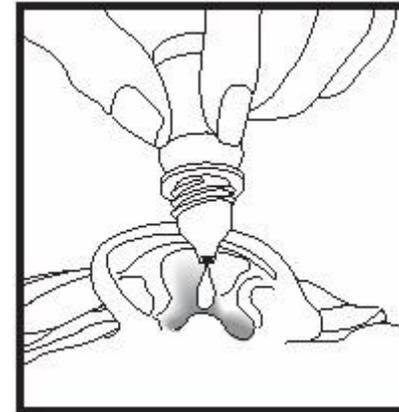
Visit our Website on:

www.scarboroughmedicalgroup.co.uk

If you have any comments or concerns about the care we have provided, please let us know.

SCARBOROUGH MEDICAL GROUP

HOW TO USE EAR DROPS



A Patient Information Leaflet

USING OLIVE OIL EAR DROPS

For the preparation of wax removal or to encourage the natural movement of wax from the outer ear
It is advisable to buy a bottle of olive oil and 'dropper' from the local chemist.

Use olive oil drops as directed by your nurse or GP

Most patients find that applying 1-2 drops at night, for 2 weeks, is helpful for wax removal.

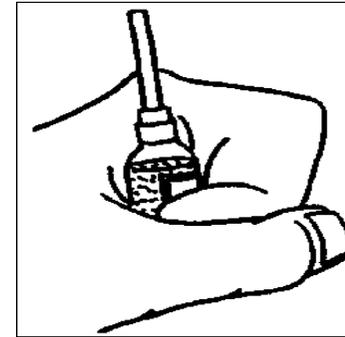
1. Lie down on your side with the affected ear uppermost
2. Gently pull the outer ear backwards and upwards. Using room temperature olive oil and the dropper, drop 1-2 drops in the ear canal and gently massage the area in front of the ear
3. Remain lying down for 10 minutes and then wipe away any excess 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

If you have continued problems with excessive wax after 2 weeks please book an appointment with the Practice Nurse/Doctor to have them checked.

We do not routinely do ear syringing unless you wear hearing aids, have an hearing test appointment or have been advised to have them syringed by a Doctor.

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



FOR PEOPLE WHO HAVE HAD A MASTOID OPERATION THESE INSTRUCTIONS CAN BE USED FOR ANY EAR DROPS

The drops have to reach two areas – the ear canal and the mastoid cavity

1. Put the drops in as previously explained
2. To ensure that the drops reach the back of the mastoid cavity, lie on your back and drop 2-3 drops into the back of the cavity
3. Remain in this position for 10 minutes and then wipe away any excess fluid (oil or antibiotic drops)