

Using Betnovate scalp application as Ear Drops

Betnovate scalp application was originally licenced for treatment of eczema/psoriasis of the scalp. It can also be used very effectively as ear drops, to help manage eczema type conditions within the ear canals. It is currently not licenced for this use, however it is safe if used as directed by your specialist.

This is a steroid based medication called betamethasone. Steroids are a group of drugs which are effective anti-inflammatories. When used in the ear, they can reduce the over production of skin.

The benefits of using Betnovate as ear drops

This treatment has been found to be very effective in people who suffer from frequent episodes of otitis externa caused by eczema. It also helps with itchy ears caused by eczema. This treatment should help to reduce the amount of skin building up and reduce the itchiness.

The risks and side effects

Before you use the drops, read the manufacturer's printed information leaflet from the pack. It will give you more information about betamethasone and will provide you with a full list of the side-effects which you could experience.

You may get a slight feeling of irritation or burning. This is usually mild and soon passes. If you get a skin rash or if you notice any other symptoms which you think may be due to the drops, ask your doctor or pharmacist for more advice.

Steroids can thin the skin if used excessively or for prolonged periods of time.

This product is flammable. Keep the liquid away from open fire and flames and all sources of ignition including smoking during application and immediately after use.

How to apply the ear drops

- Wash your hands first. Remove the cap from the bottle.
- Lie down, or tilt your head to the side, so that the affected ear is facing upwards.
- Gently pull your earlobe downwards to straighten the ear canal.
- Hold the bottle upside down near to your ear and apply enough pressure to release two or three drops into your ear.
- Keep your ear facing upwards for a few minutes to allow the solution to come into contact with the affected area.
- Repeat the process in your other ear if you have been asked to use the drops in both ears.
- Replace the cap on the bottle.

Your specialist will decide on the duration of the treatment as this is often a decision made on an individual basis. The initial treatment will usually be daily for 1-2 weeks and then reduce in frequency once the eczema is more controlled. Please pay attention to your specific instructions for use.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon hospitals.

© Royal Devon University Healthcare NHS Foundation Trust

Designed by Graphics (Print & Design), RD&E (Heavitree)