

## Instillation of Ear Drops

### Installation of ear drops when using olive oil for the removal of wax

Buy a 'dropper' bottle from your chemist and fill with olive oil (standard cooking variety).

### When using olive oil

Apply olive oil as directed by your doctor or nurse.

Most patients find that applying drops 1-2 times daily for 5-6 days 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.

### Step 1

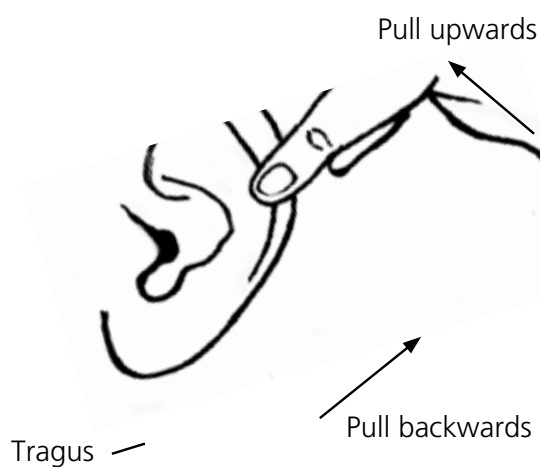
Warm the drops by holding the bottle in your hands for a few minutes.

### Step 2

Lie down with the affected ear uppermost. If you cannot lie down, tilt your head as far to the side as possible. (It may be easier to ask someone else to put the drops in for you.)

### Step 3

Pull the ear backwards and upwards (see diagram below). Drop 2 or 3 drops of oil into the ear canal and massage the tragus, the lump of cartilage just in front of the ear, for 30 seconds.



### Step 4

Remain lying down for 3 minutes. Wipe away any excess oil. DO NOT leave cotton wool at the entrance to the ear.

Repeat the procedure with the opposite ear if necessary.

# When using antibiotic/anti-inflammatory ear drops

Read the instructions on the bottle:

- Number of drops required.
- How many times a day.
- Which ear(s).
- Use instillation technique as for olive oil drops.

## Expiry

Never use ear drops after the expiry date.

Ear drops should be thrown away 4 weeks after opening. Follow printed instructions given with the drops. Write the date opened on the bottle.

**If you have reason to suspect your eardrum is perforated, do not put drops in your ear/ears unless prescribed by your doctor.**

## Instillation of ear drops for people with a mastoid cavity

Follow **steps 1-4** for instillation of ear drops.

### Step 5

Turn to lie on your back for 2-3 minutes to allow drops to run back into your mastoid cavity. Wipe ear.

Repeat the procedure with the opposite ear if necessary.

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.

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