

EAR MATTERS

Exeter



Guide to using ear drops

We recommend that olive oil is applied twice daily for seven days prior to your appointment. It is gentle, lubricates the skin inside the ear and softens the plug of wax in order to aid wax removal.

- Lie down on your side with the affected ear upwards.
- Gently pull the outer ear backwards and upwards
- Using room temperature or slightly warmed olive oil and the dropper or pipette, drop 2-3 drops in the ear canal and gently massage the area in front of the ear.
- Remain lying down for 30 minutes and then wipe away any excess oil. DO NOT put any cotton wool in your ear canal as this will absorb the oil (unless coated in Vaseline)
- Repeat the procedure with the opposite ear if necessary.