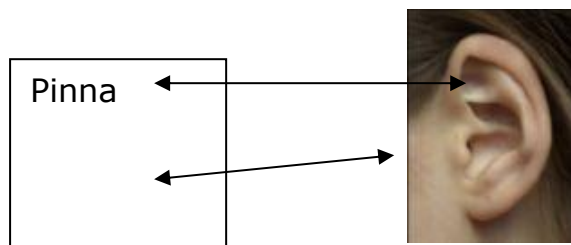


## **INSTILLATION OF EAR DROPS**

**In preparation for ear irrigation and to encourage normal wax expulsion from the outer ear**

**When using olive oil drops**

- 1 Lie down on your side with the affected ear uppermost**
- 2 Drop 2 or 3 drops of oil (at room temperature) into the ear canal and massage the tragus, just in front of the ear and pull the pinna backwards and upwards. This enables the oil to run down the ear canal.**



- 3 Stay lying down for 5 minutes and then wipe away any excess oil.**
- 4 Do not leave cotton wool at the entrance to the ear**
- 5 Repeat the procedure with the opposite ear if necessary.**
- 6 Prior to irrigation, insert the drops twice a day for at least 7 days**

***'working together to provide healthcare in the community'***

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