

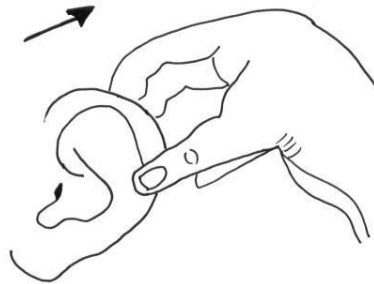
USING OLIVE OIL EAR DROPS

Olive oil encourages the natural movement of wax from the outer ear

It is advisable to buy a bottle of olive oil and 'dropper' from your local pharmacist. Use olive oil drops as directed by your nurse.

Most patients find that applying 1-2 drops at night, for 3-4 nights prior to an appointment, is helpful for wax removal. If you have continued problems with excessive wax it may be beneficial to use 1-2 drops of olive oil each week. This will not stop wax collecting, but will make removal easier.

1. Lie down on your side with the affected ear upwards.
2. Gently pull the outer ear backwards and upwards (see *diagram below*). 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.

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 insert 2-3 drops into the back of the cavity (see diagram below).



3. Remain in this position for 10 minutes and then wipe away any excess fluid (oil or antibiotic drops).