

# Instillation of ear drops

An information guide



# Instillation of ear drops

Ear drops alone will clear a plug of earwax in most cases.

Olive oil ear drops are recommended and these can be purchased from your local pharmacist who can also give you additional advice.

Put 4 or 5 drops of ordinary olive oil down the ear using a 'dropper' twice a day for 7 to 10 days. This softens the wax so that it then runs out of its own accord without harming the ear.

**Do not use any ears drops if you have a hole in your eardrum called a perforated eardrum.**

**How to use ear drops:**

1. Warm the drops to room temperature before using them .



2. Lie with the affected ear uppermost and insert 4 to 5 drops .



3. Massage the front of the ear to encourage the oil to flow down the ear canal.



Stay like this for at least 5 minutes to allow the drops to soak into the earwax.

You can continue for any length of time, but 3 weeks is usually enough. Surprisingly, you will not necessarily see wax come out. It often seems to come out unnoticed.

**If English is not your first language and you need help, please contact the Interpretation and Translation Service**

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