



Ear Care

Information For Patients

**Nurse contact
telephone number:**

Did you know?

- Ears need wax for protection
- Ears have their own cleaning mechanism

Care for your ears

- Keep your ear canals dry when washing your hair, showering or swimming. This can be done by using earplugs or cotton wool covered in Vaseline.
- Do not use cotton buds, hairgrips, matches etc to clean or dry your ears. These can damage the delicate lining of your ear canal, causing infection and may even perforate your eardrum.
- If you suffer from excessive wax regular use of olive oil can help the ear clean itself. Instil 2-3 drops of olive oil at night once a week. Olive oil can be bought in a dropper bottle from your local chemist.

Remember:

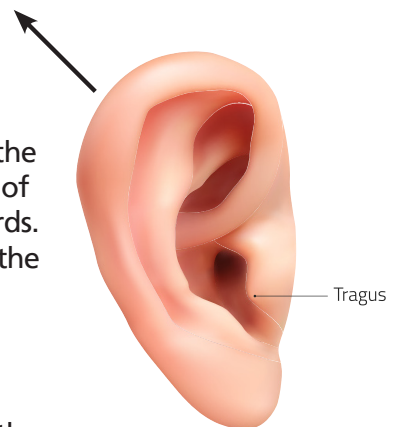
Always consult your Doctor or Nurse if you are worried about your ears.

Using ear drops

(Olive Oil or Sodium Bicarbonate)

- 1) Lie down on your side with affected ear uppermost.
- 2) Allow 2 or 3 drops of olive oil or sodium bicarbonate at room temperature to fall into the ear canal and massage the tragus just in front of the ear and pull the ear backwards and upwards.
- 3) Stay lying down for about 5 minutes to allow the drops to run down the ear canal.
- 4) Wipe away any excess fluid.
- 5) Repeat the procedure with the opposite ear if you have a wax problem there.
- 6) Do NOT leave cotton wool at the entrance of the ear canal.

Pull ear backwards and upwards



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