

The recommendation is that olive oil should be used for this procedure.

The only reason for carrying out ear irrigation is when hearing is reduced due to wax impacted on the eardrum.

Regular or routine irrigation is not recommended.

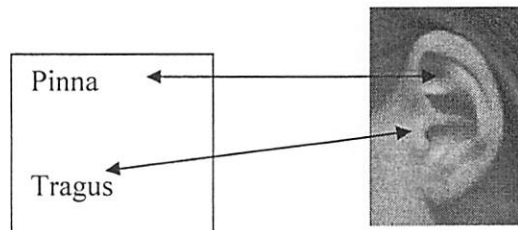
**THE USE OF COTTON WOOL BUDS, MATCHSTICKS, HAIRPINS, PAPER CLIPS ETC TO REMOVE WAX IS NOT ADVISED**

## INSTALLATION 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