

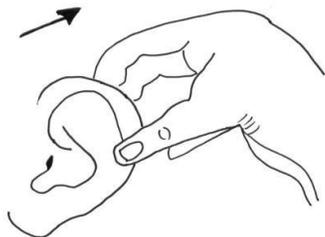
## USING OLIVE OIL EAR DROPS

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 7 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.

## DO NOT FORGET:

- It is not advisable to leave cotton wool in your ear.
- If you have drops prescribed by your doctor or nurse complete the course of treatment.