

## ENT

# Advice for people using ear drops

- Keep your ear canals dry when washing your hair, showering and swimming. You can use earplugs or cotton wool covered in Vaseline to protect them.
- Before swimming, check with your doctor or nurse to make sure that swimming will not harm your ears.
- Do not use cotton buds, hairgrips, matches or similar objects to clean or dry your ears. These may damage the delicate lining of the ear canal or may even perforate your eardrum.
- Do not scratch your ears, as this can spread infection.
- If your symptoms do not improve with treatment or if they get worse, consult your nurse or doctor.

## Instructions for using ear drops

- Read the label for instructions on which ear to use the drops in and how often to apply them.
- Warm the ear-drop bottle by holding it in your hands for a few minutes and shake the bottle well.
- If possible, get someone else to put the drops in your ear.
- Wash your hands.
- Unscrew the cap of the bottle and draw some liquid into the dropper.
- Either lie on your side or tilt your head so that the ear that needs the drops is facing upwards.
- Gently pull your earlobe upwards and away from your neck, then squeeze the correct number of drops into your ear.
- Keep your head tilted for about 5 minutes to allow the drops to spread



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within the ear.

- Straighten your head and wipe away any extra liquid with a clean tissue.
- Replace the cap on the bottle
- Wash your hands again.

## Remember

- Use your eardrops for the full duration of the treatment course, even if your ear feels better. If you stop too soon your ear problems may return.
- While using your eardrops, try not to get water in your ear. Be careful when washing your hair and do not go swimming until the treatment course is finished.
- Store your eardrops in a cool, dark place.
- When you have finished your course of treatment, throw any leftover eardrops or return them to your pharmacist for safe disposal.
- **Eardrops do not have a long shelf life once opened.**
- **Keep all medicines out of reach of children.**

## Further Information

For further information or clarification please contact the ENT department on 024 7696 7007.

We wish you a speedy recovery.

The Trust has access to interpreting and translation services. If you need this information in another language or format, we will do our best to meet your needs. Please contact the department on 024 7696 7007.

The Trust operates a smoke free policy.

## Patient Information

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