

ENT

Advice for people with ear problems

- Keep your ear canals dry when washing your hair, showering and swimming. Using earplugs or cotton wool covered in Vaseline can do this.
- Before going swimming check with your doctor or nurse that swimming will not harm your ears.
- Do not use cotton buds, hairgrips, and matches etc. to clean or dry your ears. These may damage the delicate lining of your ear canal or may even perforate your eardrum.
- Do not scratch your ears as this may spread infection.
- If you suffer from excessive wax and if you do not have a hole in your eardrum, regular use of olive oil can help the ear clean it. For details please see your nurse or doctor.
- If you are to have your ears syringed to remove excess wax, you must inform the nurse before she starts if you have a hole in your eardrum (perforated eardrum) or have undergone a previous ear operation.
- If your symptoms do not improve with treatment or if they get worse consult your nurse or doctor.

How to use eardrops

Read the instructions on the label which will tell you which ear to use them in and how often.

Warm the ear-drop bottle by holding it in your hands for a few minutes. Shake the bottle well.

It is better if you can get someone to put the drops in your ear.



Patient Information

- Wash your hands.
- Unscrew the cap of the bottle and draw some liquid into the dropper, where separate
- Either lie on your side or tilt your head over, so that the ear that needs the drops is facing upwards
- Gently pull your earlobe upwards, away from your neck, and squeeze the correct number of drops into your ear
- Keep your head tilted for about five minutes so that the drops can spread into the ear.
- Straighten your head and wipe away any extra liquid with a clean tissue
- Replace the cap on the bottle
- Wash your hands

Remember

- You must use your eardrops for the full length 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 to your ear. Be careful when washing your hair and do not go swimming until the course is finished
- Store your eardrops in a cool, dark place
- When you have finished your course of treatment, throw any leftover eardrops away, or return them to your pharmacist for disposal

Eardrops do not keep very long once opened.

Keep your 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.

Patient Information

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.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

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