

Ear Syringing - Preparation

VERY IMPORTANT
Ear wax cannot be removed
unless it has first been
softened with olive oil.
Attempting to do so could
damage your ear.

Using olive oil may well clear the ear without you having to come to the surgery. When using Olive Oil Drops:

- 1 Lie 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 for a few minutes (see diagram below). This enables the oil to run down the ear canal.
- 3 Stay lying down for five minutes.
- 4 When sitting up wipe away any excess oil. **DO NOT** leave cotton wool at the entrance to the ear.
- 5 Do this at least twice a day for **SEVEN** days.

If your Doctor has prescribed anti-inflammatory or antibiotic drops:

- 1 Lie on your side, with the affected ear uppermost
- 2 Drop the **PRESCRIBED AMOUNT** into the ear and massage as in (2) above and stay lying down for five minutes.
- 3 When sitting up wipe away any excess oil. **DO NOT** leave cotton wool at the entrance to the ear.

If you have had a Mastoid operation, please ask the nurse for further instructions.

