

## How to use ear drops



**Tip:** If you wear hearing aids, it is better to insert the drops at night when your hearing aids are out, to reduce the risk of the drops blocking your hearing aid tubing.

- If possible, get someone to help you put the drops in.
- You should warm the drops to body temperature before putting them in. If you put cold drops in your ears you may become dizzy for a short while.
- Lay on your side, with the ear to be treated uppermost.
- Put the prescribed number of drops into your ear. If you are using olive oil just add a few drops.
- Using your finger, find the small piece of cartilage (tragus) in front of the ear canal protecting its entrance; gently push this a few times to "pump" the drops in.
- Stay on your side for five minutes to allow the drops to soak in.
- Don't be alarmed if your hearing temporarily worsens or you hear popping/ other strange sounds – this is caused by the drops working their way down your ear canal.
- You can put a piece of cotton wool in your ear as a temporary measure to stop any drops running out again.
- If you are to treat both ears, wait for a while before treating the other ear.