

Treatment of outer ear canal

Treatment instructions

1. Wash hands

2. Day time drops

Gently pull the earlobe out and up to straighten the ear canal. Carefully fill the ear canal with the alcohol and vinegar drops. Gently push on the ear flap to help move the liquid in deeper. Keep the head down for at least a minute or two so the medication can fully coat the canal.

3. Night time drops

Gently pull the earlobe out and up to straighten the ear canal. Carefully fill the ear canal with the olive oil drops. Gently push on the ear flap to help move the oil in deeper. Keep the head down for at least a minute or two so the medication can fully coat the canal. Put cotton wool in the outside of the ear to keep the oil in. In the morning take out the cotton wool.

Repeat steps 1 and 2 for the period advised by the Otologist nurse.

4. Keeping the ear dry

The ear must remain dry (when showering or swimming).

When showering put cotton wool in the ear and cover the outside with petroleum jelly eg Vaseline to keep the ear dry.