

# Guide to using ear drops



We recommend that olive oil is applied twice daily for seven days prior to your appointment. It is gentle, lubricates the skin inside the ear and softens the plug of wax in order to aid wax removal.

- Lie on your side with the affected ear facing upward.
- Gently pull the outer ear backward and upward.
- Using room-temperature or slightly warmed olive oil and a dropper or pipette, place 2–3 drops into the ear canal and gently massage the area in front of the ear.
- Remain lying down for 30 minutes, then wipe away any excess oil. DO NOT insert cotton wool into your ear canal, as it will absorb the oil (unless coated in Vaseline).
- Repeat the procedure for the opposite ear if necessary.