

Ear Microsuction

How to use your olive oil ear drops prior to the procedure

1. Read the instructions on the label and treat the affected ear/ ears.
2. Wash and dry your hands.
3. Shake the bottle.
4. Stand or sit comfortably, in front of a mirror may help. Alternatively lay down flat, on a bed for example.
5. Remove the cap from the bottle.
6. Tilt your head to the side, with the ear being treated facing up.
7. Squeeze the bottle allowing 2 to 3 drops to fall into the ear opening. Do not let the tip of the bottle touch any part of your ear. You may need somebody to help you with this.
8. Stay with your head tilted to the side for at least a couple of minutes to allow the drops to spread right into the ear canal and reduce the likelihood of the drops leaking out of the ear.
9. Sit up slowly. Replace the cap on the bottle.
10. Complete the process twice daily for the affected ear/ ears.

If the medicine leaks from the ear as you sit up, you can wipe it away with a clean tissue. Cotton wool should not normally be placed into, or at the entrance to the ear.