

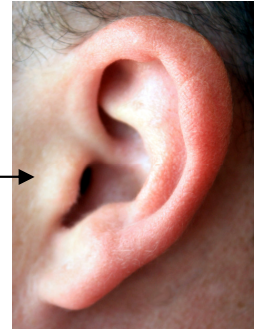
Townsend House Medical Centre

Ear Irrigation

Prior to ear irrigation it is essential that you do the following:

Warm some olive oil and use 1-2 drops into the affected ear/s twice a day for 4 days

After inserting the drops lean to one side and massage the Tragus of the ear (see picture below) for 10 minutes each side.



Tragus

Post Ear irrigation advice

Short term advice-

keep dry for 2 days (cotton wool in ears whilst showering is fine, not cotton buds).

Long term advice-

Use 1-2 drops of olive oil in each ear once a month- this will help soften the wax in the ears and help draw it out without the need for irrigation.

If you wear **hearing aids**- alternate the use of your hearing aid for 3 days to allow the ears to dry.

Creator: Aimee Seward Clinical Practitioner June 2014

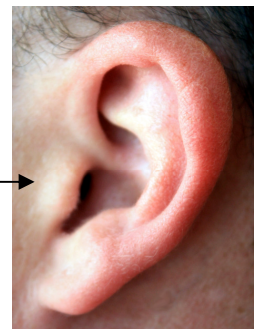
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