



Information on How to Instil Ear Drops

Recent guidance suggests that the most effective way to ease blocked ears is by using a softening agent such as olive oil.

Information on How to Instil Ear Drops

- Lie on your side with the affected ear uppermost.
- Drop 2 drops of Olive Oil twice a day at room temperature into the ear canal, massage around the ear and **gently** pull the earlobe backwards and upwards. This enables the oil to run in to the ear canal
- Stay lying down for 5 minutes and then get up, wipe away any excess oil. **DO NOT** leave cotton wool at the entrance of the ear
- Repeat the procedure with the opposite ear if you have a problem with that ear.

Use the softening agent for a minimum period of ten days. If you have done this for ten days without improvement please contact the surgery and book a NURSE appointment for an ear assessment.