



## Earwax Treatment Recommendations

Recommendations for:.....

### Never use cotton buds in the ear !!!

It might cause damage, irritate the ear, push wax in further or cause an infection.

- Olive Oil Drops or Spray
- 5% Sodium Bicarbonate eardrops

#### Child's Left ear

#### Child's Right ear

3-5 drops

3-5 drops

Morning

Morning

Afternoon

Afternoon

Bedtime

Bedtime

for ..... days

for ..... days

Repeat every / every other week for 2 consecutive nights

Repeat for ... days before your next Audiology appointment

Date: .....

Signature: .....



## How to insert ear drops:

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1. **Warm drops** to body temperature using palm of your hand or another warm part of your body for around 10 minutes.



2. **Wash your hands** thoroughly with soap and water and wipe the bottle with a clean cloth or wipe.



3. **Shake the container** well.



4. **Draw some of the liquid** into the dropper.



5. **Tilt the affected ear up** or lie your child on their side.



6. To allow the drops to run in, gently **pull the ear lobe up and out** to straighten the ear canal.



7. **Place the prescribed drops in the ear.** Do **not** insert the dropper into the ear.



8. Gently press the soft skin covering the ear canal opening (the 'tragus') a few times so that the ear drops go in, you might see some air bubbles coming up; then massage the area gently.

**Keep the ear tilted or the child lying on the side for 4-5 minutes if possible.**



9. To protect your linen or clothing you can place soft cotton wool in the outer ear, but remove it 10 to 20 minutes later.



10. Wash your hands to remove any liquid and make sure the bottle is clean too. Store the bottle as recommended.



**Acknowledgement:** Thank you to Dr Sebastian Hendricks, Audio-Vestibular Physician and University College London Hospitals NHS Foundation Trust and Medical Illustration RNTNEH, for permission to use photographs and content of this leaflet

**Patient advice and liaison service (PALS)**

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or [whh-tr.whitthealthPALS@nhs.net](mailto:whh-tr.whitthealthPALS@nhs.net)

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Date published: 23/06/2020  
Review date: 23/06/2022  
Ref: CYP/AudioI/ETR/01

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