

ADVICE FOR PATIENTS ON OILING EARS - USING OLIVE OIL

1. Olive oil is very safe to use and can be purchased from a chemist (includes dropper)
2. Use at room temperature
3. If ear is blocked with wax – squeeze the dropper to fill it with olive oil
4. Pull tip of ear outwards to open ear canal – best done by 2nd person
5. Lean head to side and squeeze oil from dropper into ear canal until dropper is empty
6. keep head on side to allow olive oil to run into ear canal for 10 minutes
7. Put oil in ear twice daily, this will make hearing worse as the oil coats your ear drum
8. Repeat oiling process for 2- 3 weeks to soften the wax, which should hopefully then be soft enough to come out of ear canal.