

Ear Irrigation Preparation

In order to remove the wax from your ear/s by irrigation you need to prepare your ears by softening wax using either unused olive oil or almond oil. The Doctor will have given you a 1ml syringe together with these instructions, you need apply 0.2ml (doctor will show where 0.2ml is on the 1ml syringe)of oil into each affected ear **twice a day** by using following process:

1. Please lie on side so you are comfortable and administer 0.2ml oil into ear.
2. Manipulate the outer ear and massage the skin around the ear for 10 minutes.
3. Once 10 minutes is complete sit up and wipe away excess oil with tissue please do not insert cotton wool or any other object into your ear to absorb oil.
4. Repeat process in other ear if also blocked by oil.
5. This process needs to be repeated twice daily for 2 weeks before your ear/s can be irrigated.

If the ear is not properly prepared the irrigation process will be unsuccessful.

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