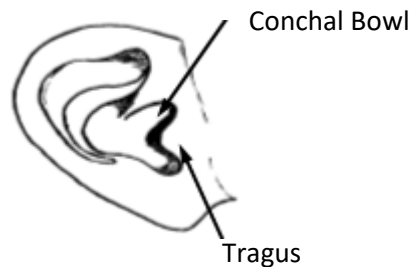


Ear Drops

Patient Information - Otolaryngology (Ear, Nose & Throat) Department

5 steps to administering ear drops

Close up of ear



1. Warm drops to body temperature.
2. Lie on side with affected ear **upward**.



3. Place 6 drops slowly into ear canal



4. Massage front of the ear (Tragus) to encourage drops to coat the canal down to ear drum



Remain lying on side for 5 minutes.



5. Place cotton wool at entrance to the ear for a short time to absorb excess drops when upright (some drops stain material)

Contact information

For more information about:

- hospital and specialist services, go to www.cdhb.health.nz
- your health and medication, go to www.healthinfo.org.nz