

CLAREMONT BANK SURGERY, SHREWSBURY.

PREPARING EARS PRIOR TO SYRINGING.

1. Olive oil drops are recommended.
2. Lie on side affected ear uppermost.
3. Drop 4-5 drops of olive oil into ear. Olive oil spray can be used if preferred.
4. Leave in place for 10 minutes. You should remain lying on your side during this time.
5. On sitting up wipe away any excess oil but DO NOT insert cotton wool into ears.
6. The drops should be inserted twice a day for at least 1 week.