



*Specializing in of the Ear Nose & Throat*

**Randall P. Bennett MD**

**Charles V. Edmond Jr. MD FACS**

*Board Certified • Otolaryngology • Head and Neck Surgery*

---

## HOW TO USE EAR DROPS

---

1. The head should be turned so that the ear to be treated is directly upward or faces the ceiling.
2. The ear should be grasped and pulled back and up slightly, in order to straighten and open the ear canal.
3. The drops are dropped directly into the ear canal, without touching the ear with the dropper.
4. The small- cartilage just in front of the ear canal is pressed down over the opening of the ear canal, and pumped in and out. in order to pump the drops well down into the ear.
5. Place a small amount of cotton in the outside cup of the ear. The ear is now turned downward and the excess drops are allowed to run of the ear. A very thin layer of drops is sufficient in the ear.
6. Remove the cotton in the ear. It should be left open so that air can move in and out of the ear and dry out any excess moisture.
7. Ear drops should be warmed up to body temperature, otherwise they make the patient dizzy. They may be warmed in a pan or warm water or under the hot water tap. Some people will keep them in a shirt pocket to warm them.
8. It is recommended that no soap, water, or other foreign liquid or instrument be inserted into the ear at any time. The ear can be protected from water by using a small ball of cotton soaked in Vaseline as an ear plug or other plugs that may be obtained at a drug store.
9. If you develop a skin rash in the ear canal or outer ear, it may mean that you are allergic to one of the ingredients in the drops. You should discontinue the drops and call your physician about this.