INSTRUCTIONS FOR USE OF EAR WASH AND DROPS

Please fill the prescription you received for ear wash and antibiotic eardrops. You will also need a 2 or 3-ounce ear syringe.

SOMEONE ELSE MUST WASH YOUR EAR FOR YOU. You cannot do it properly yourself. The instructions below should be followed very carefully.

1. Fill the ear syringe with the solution.

2. The solution must be body temperature. If the solution is too warm or too cool, you will feel dizzy. Warm the solution by placing the filled syringe in a pan of hot water. Do not warm the solution on the stove; it can cause a fire.

3. Lie down with the ear to be washed up and place a towel around the ear to protect the eyes. Pull down and out on the ear lobe.

4. Place the tip of the ear syringe into the ear canal. Pump the warmed solution from the syringe back and forth into the ear by squeezing and releasing the bulb of the syringe. If you do not get a return flow, the syringe is in too far. Do this vigorously and repeatedly.

5. The solution should remain in the ear canal and be agitated for two minutes by the clock. If you taste the wash, spit it out. If you swallow a small amount, it will not harm you.

6. Turn over and let the solution run out of the ear.

7. Put three warmed drops into the ear.

8. Use the wash and drops twice a day for two weeks. There may be bleeding and subsequent burning with the use of the wash. If the solution burns too much initially, you may dilute the alcohol solution by mixing two ounces of tap water with two ounces of alcohol solution. Betadine solution, an over-the-counter product, may be substituted for the alcohol wash. Use Betadine full strength.

9. After the initial two weeks of treatment, do not use the wash and drops as long as the ear is not draining, remains dry, and has no odor. Should the ear start to drain after being dry for a period of time, resume the wash and drops until the ear is dry again.

10. DO NOT GET ANY WATER IN YOUR EARS. Whenever there is a chance of getting water in your ears, when you shower or wash your hair, place a dry piece of cotton in the ear canal and then a second piece saturated with Vaseline on top of it. You should not go swimming until you are told you may do so.

If you have any questions about any of these instructions, please call our office.