

EAR INFECTION

AFTER CARE

1

Keep your ears dry.



2



Wash your hands regularly.

3

Administer recommended number of drops or sprays into your ear canal.



4

Avoid touching your ears.



5

Follow medication instructions given by your clinician. If you miss a dose, just continue with the next dose.

6

If you require a follow-up, this will be arranged with you before leaving your appointment.



ADMINISTERING EAR DROPS

A

Wash your hands.



B

Tilt or lay your head with affected ear up.



C

Gently pull your ear up and back to straighten your ear canal.



D

Administer recommended number of drops/sprays into your ear canal.



E

Gently massage your tragus (ear flap) to encourage the medication down your ear canal.



F

Plug your ear with a clean cotton wool ball and then stand up. This can be removed after a few minutes.



PREVENTION

Top tips for keeping your ears dry

✓

Use cotton wool covered in Vaseline in your ears when having a shower or bath.



✓

Use swim ear moulds or a tight-fitting swimming cap when you swim.



✓

If you have diabetes, eczema or psoriasis, talk to your GP about making sure your condition is controlled.



✓

Don't put anything smaller than your elbow in your ear! This includes fingers and cotton buds.




For more information on ear infections please visit www.aurisearcare.co.uk/ear-infection-treatment

✗

Danger!

The NHS and Auris Ear Care recommend against the following:

 Spiral ear cleaners

 Ear candles

 Home vacuum kits

 Cooking oil or garlic bulbs

If you are experiencing pain, fever or ear swelling – please seek urgent medical attention.