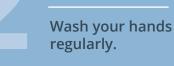




# **EAR INFECTION** AFTER CARE







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



Avoid touching your ears.



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

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



# ADMINISTERING EAR DROPS



ear up and back to straighten your ear canal.



number of drops/sprays into your ear canal.

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Gently massage your tragus (ear flap) to encourage the medication down your ear canal. Plug your ear with a clean cotton wool ball and then stand up. This can be removed after a few minutes.

### PREVENTION

Ε

#### Top tips for keeping your ears dry



Use cotton wool covered in Vaseline in your ears when having a shower or <u>bath.</u>





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



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



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:









Cooking oil or garlic bulbs

#### DR RIAZ RAMPURI | 07539 248 324 | CONTACT@AURISEARCARE.CO.UK | WWW.AURISEARCARE.CO.UK



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