This care plan is for………………………………………

Instructions for using olive oil ear drops

1. Lie on one side.
2. Insert the drops into the ear
3. Massage the front of the ear.
4. Stay still for a few minutes.
5. Use a tissue to wipe the outside of your ear. Don’t put cotton wool in your ears.

Instructions:
Put …3……. drops in the left ear
Put …3….drops in the right ear
Twice daily
Start on ......................
Finish on ......................
Signed......................

From Action on ENT – Derbyshire