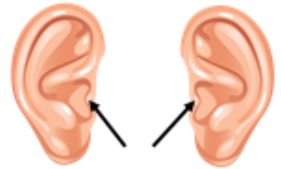


# Oiling Advice before Ear Irrigation

1. Lay on your side with affected ear upwards
2. Place **2-3 drops** of oil into your ear, do not use cotton wool or cotton buds to apply oil
3. Gently massage around the front of your ear for **2-3 minutes**
4. Lay still for **10 minutes**
5. Sit up slowly and wipe away any residue
6. If needed repeat on other side
7. Do this **twice a day** for **2 weeks**



If no improvement is seen at the end of the 2 weeks, please contact us to book an appointment for ear irrigation.