



*Better
Together*

Patient information

Applying Ear Drops

Ear, Nose and Throat Directorate

To treat your ear condition or infection effectively it is important you use the ear drops prescribed for you as described below:

Warning

- Never apply cold ear drops; they may make you feel dizzy.
- Store your drops at room temperature.
- Warm the drops before use by holding them in your hand for a few minutes before application.

How to apply your ear drops

1. Lie on the bed/couch on your side with the ear being treated uppermost.
2. Apply the drops into the ear being treated, and then gently massage the front of the ear.
3. Stay on your side for five minutes.
4. If you are treating the other ear then roll onto your opposite side and repeat stages one to three.
5. Repeat the above as prescribed, for example three times a day

What are the benefits of using the prescribed ear drops?

The drops will reach the area which requires treatment.

Disadvantages

- Time consuming.

Are there any alternative treatments available?

Sometimes you will be given an ear spray instead, but usually there are no alternative treatments.

What will happen if I decide not to have treatment?

Your ear condition or infection will not be treated, and could possibly get worse.

What are the risks of using the ear drops?

- If the eardrum of the ear being treated is perforated (has a hole in it) there is a slight risk that a permanent reduction in hearing may take place. Your doctor or specialist will advise you if necessary.
- There is a slight risk of dizziness with long term use (less than 1 in 1000).
- The risk of permanent reduction in hearing is also less than 1 in 1000.

Important

If you have a reaction to the drops stop using them immediately. Seek help from either your own doctor, the nurses in the ENT dressing room, or the Hospital Emergency Department (A&E).

Further information

Contact the ENT dressing Clinic:

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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