

Instructions for applying olive oil to ears to soften wax

When would ear wax need to be removed?

Wax is produced to lubricate and protect the skin inside the ears and does not usually need to be removed.

Excessive wax MAY be removed if it causes:

Impaired hearing

Itchiness/discomfort

Problems with hearing aid use

What do I need

We would recommend that olive oil is applied as it is gentle, lubricates the skin inside the ear and softens the plug of wax.

Using the olive oil drops

Apply drops twice daily

Fill a pipette with olive oil and place it into a shallow dish of warm water to warm the oil

Lie on your side with the ear that you want to apply the oil into uppermost

Pull the outer ear backwards and upwards to straighten the ear canal

Drop 2 – 3 drops of warmed olive oil into the ear and massage the skin outside the entrance to the ear canal. This helps the oil to run down the canal and soften the wax

Take a piece of cotton wool, dip it into the oil and gently place the dipped cotton wool into the entrance to the ear canal, to prevent the oil draining out of the ear.

Repeat for the other ear if required.