

# Ear drops

## Overview

Ear drops are often used to soften ear wax or to treat an ear infection.

## Process

1. Perform hand hygiene and put on disposable gloves
2. Ask the person to lie on his/her side with ear to be treated facing up
3. Hold halfway up the ear and gently pull it backwards and upward to ensure the drops will flow into the canal
4. Instil the prescribed number of drops so they fall against the sides of the ear canal
5. Request the person remain in this position for 2-3 minutes (as appropriate) to ensure medication remains in the ear. If the ear is not sore or inflamed the tragus (the hard flap where the middle of the ear is attached to the face) can be gently massaged to encourage the drops to flow into the ear.
6. Clean any drops from the outside of the ear with a dry tissue
7. Remove gloves and perform hand hygiene

## Risks/Considerations

- ⚠ Be very gentle with an infected ear, moving the ear can be painful
- ⚠ Ear drops that are cold (or too warm) can cause dizziness when placed in the ear canal.