

# How to put in ear drops




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How To Put Ear Drops In	Reasons Why
<b>Wash</b> hands.	<i>Good hand washing reduces the spread of infection.</i>
<b>Position</b> the child on side with affected ear facing upwards.	<i>Allows easy access to the ear canal to put drops in.</i>
<b>Clean</b> the ear canal with a tissue before putting in ear drops. Take one end of the tissue and “twizzle” it to make a funnel which can be placed into the ear to absorb excess drainage. Keep doing this until the tissue comes out dry. <b>Do not use cotton-tipped swabs.</b>	<i>The “twizzled” tissue helps dry up ear drainage, and allows the new medicine to get to the affected area.</i>
<b>Straighten</b> the ear canal: <ul style="list-style-type: none"> <li>• for children 3 years or older: pull earlobe <b>up</b> and back</li> <li>• for children under 3 years: pull earlobe <b>down</b> and back</li> </ul>	<i>Straightening of the ear canal allows easier access to the ear canal.</i>
<b>Put In</b> the correct number of drops along the side of the ear canal.	<i>This prevents drops from escaping and allows even amounts of the medicine to get to the affected area.</i>
Gently <b>Press</b> on the area just before the ear canal several times. This area is called the tragus. 	<i>Assists the flow of the medication into the ear canal.</i>
If desired or prescribed, <b>Put In</b> a small piece of medication soaked cotton fluff loosely into the outer portion of the ear canal. Leave it in for 15 minutes, then remove. Do not pack tightly.	<i>May prevent medication from draining from the ear.</i>
<b>Keep</b> child in side-lying position for at least 5 minutes.	<i>Prevents medication from flowing out of the ear.</i>
<b>Wash</b> hands.	<i>Good hand washing reduces the spread of infection</i>

Developed by the ENT Department with help from the Department of Learning & Development

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