

CENTRAL CARE POLICY HOW TO USE EAR DROPS

SUBJECT:	HOW TO USE EAR DROPS
ANNUAL REVIEW MONTH:	June
RESPONSIBLE FOR REVIEW:	Director of Central Care
LAST REVISION DATE:	August 2010

1. It is much easier for someone else to put the ear drops in for you.
2. Wash your hands well with soap and water.
3. Make sure the dropper part has smooth edges.
4. Keep the eardrops clean. Try not to touch the dropper part on anything.
5. Hold the ear drop container in your hand for a few minutes to warm them.
6. Shake the container before using unless it says on the container not to shake it.
7. Turn your head so your ear that you want to put the drops in is facing up (lying down makes it easier).

To make it easier for the drops to go in:

Adult-Pull the earlobe gently up and back.

Child-Gently pull the earlobe down and back.

8. Try not to put the dropper directly into the ear.
9. Keep your ear tilted up for a few minutes to keep the drops from running out of ear.
10. Wash your hands to make sure you get any medication that may have fallen on your hands off.

APPROVED: _____ **TITLE:** Director of Central Care **DATE:** _____
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