



Earwax treatment recommendations for children and young people

Patient information factsheet

Warning! Never use cotton buds in the ear!

It can cause damage, irritate the ear, push wax further into the ear or cause an infection.

Recommendations for:

☐

Olive Oil Drops or Spray

☐

5% Sodium Bicarbonate eardrops

Child's Left ear

3-5 drops

☐

Morning

☐

Afternoon

☐

Bedtime

for days

Child's Right ear

3-5 drops

☐

Morning

☐

Afternoon

☐

Bedtime

for days

☐

Repeat every/every other week for two consecutive nights.

Repeat for ... days before your next Audiology appointment.

Date:

Signature:

How to insert ear drops

1. **Warm the drops** to body temperature. Place the bottle in the palm of your hand or another warm part of your body for around 10 minutes.



2. **Wash your hands** thoroughly with soap and water and wipe the bottle with a clean cloth or wipe.



3. **Shake the container** well.



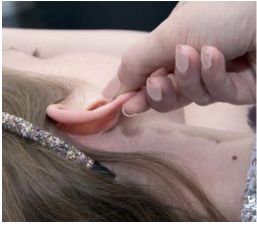
4. **Draw some of the liquid** into the dropper.



5. **Tilt the affected ear up or lie your child on their side.**



6. To allow the drops to run in, gently **pull the ear lobe up and out** to straighten the ear canal.

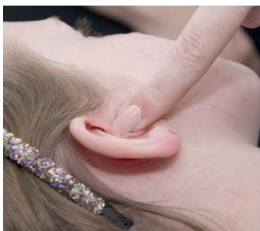


7. **Place the prescribed drops in the ear.** Do **not** insert the dropper into the ear.



8. Gently press the soft skin covering the ear canal opening (the 'tragus') a few times so that the ear drops go in - you might see some air bubbles coming up -, then massage the area gently.

Keep the ear tilted or the child lying on the side for 4-5 minutes if possible.



9. To protect your linen or clothing you can place soft cotton wool in the outer ear but remove it 10 to 20 minutes later.



10. Wash your hands to remove any liquid and make sure the bottle is clean too. Store the bottle as recommended.



Acknowledgement: Thank you to Dr Sebastian Hendricks, Audio-Vestibular Physician and University College London Hospitals NHS Foundation Trust and Medical Illustration RNTNEH, for permission to use photographs and content of this leaflet.

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.PALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

Whittington Health NHS Trust

Magdala Avenue, London, N19 5NF

Phone: 020 7272 3070

www.whittington.nhs.uk

[x.com/WhitHealth](https://twitter.com/WhitHealth)

facebook.com/WhittingtonHealth

Date published: 22/05/2025

Review date: 22/05/2027

Ref: CYP/Audiol/ETR/02

© Whittington Health NHS Trust

Please recycle