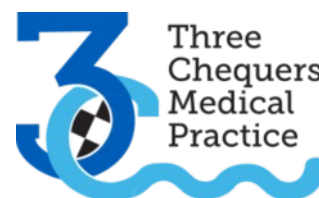


Available from Endless Street Dispensary,
Porton Dispensary & Winterslow Dispensary
£5.00 each



Bulb Syringing

Bulb syringing is a safe, alternate way to remove ear wax. Bulb syringes can be easily purchased from us and allow you to clear your ears from wax in your own home.

If your ears are painful or have fluid coming out of them, or if you have a hole in the ear drum (perforation) or have recently had surgery on your ear you should see a doctor or nurse and do not use this method.

How to:

Use olive oil drops twice a day for at least 14 days prior to bulb syringing. Or alternatively use sodium bicarbonate ear drops purchased from your pharmacy (please read the manufacturers leaflet).

- *Wash your hands*
- *Use a bowl of cooled, boiled water that is warm to the touch, not too hot or too cold*
- *Prepare the syringe by squirting water in and out a few times*
- *Gently pull your outer ear "up and out" to help straighten out the canal, which will allow better access for the water*
- *Tilt your head so the ear to be treated is utmost*
- *Place the tip of the syringe into the opening of the ear – Do NOT push the syringe further into the ear – and gently squirt one or more bulb syringes of water into your ear. (This might be best done in the shower so that excess water will run into the bathtub and not on your floor.)*
- *Allow the water to remain in your ear for at least 60 seconds. Gently tilt your head in the opposite direction and wiggle your outer ear.*

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