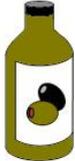


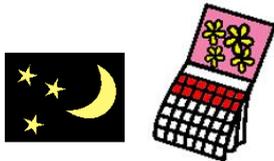
## Softening Ear Wax with Olive Oil



It is quite normal for ears to have wax, it helps to clean and protect the ear. Sometimes there can be too much wax and this can cause problems.



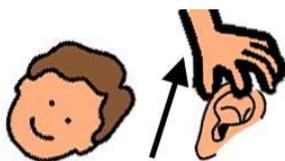
A safe **way** to soften wax is to use olive oil. You can buy olive oil from the chemist.



To help clear wax follow the steps below every night for 1 – 2 weeks.



1. Warm the olive oil gently by standing the bottle in some warm water for about 2 minutes. **Don't let it get too hot!**



2. Tilt your head to one side and pull your ear upwards and backwards so that you make it into a sort of funnel.

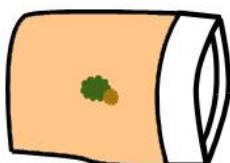


3. Fill the inside of your ear with the warmed olive oil. Rub the skin just in front of the ear to help the oil go all the way down into the ear.

## Softening Ear Wax with Olive Oil



Keep the ear tilted for 5 to 10 minutes.



It is a good idea to protect your pillow in case some oil or wax leaks out.



4. In the morning wipe the **outside** of your ear with a tissue if there is any oil or wax there. **Only** wipe the outside of your ear – if you try to clean inside you will just push the wax further down and it will be harder to remove!



**Never** use “cotton buds” in your ear – they will make things worse!