

## How to apply/insert olive, or other vegetable oil into your ear

To apply drops into your ear, use a glass dropper or you can dip a cotton bud into the oil and allow the excess to drip into your ear. Don't put the cotton swab into your ear.

The oil can be at room temperature or warmed to body temperature. The oil should be slightly warm, not hot.

### Steps

1. Lie on your side with the affected ear facing up
2. Gently pull your outer part of your ear back and up to open your ear canal.
3. Put two or three drops on olive oil in the opening of your ear
4. Gently massage the skin at the front of the entrance to your ear canal to help the oil work its way in.
5. Remain on your side for 5 to 10 minutes. Wipe away any extra oil that drips from your ear when you sit up.
6. Repeat in the other ear if required.

Note long-term use of oil in your ear may lead to more wax build-up