

1. Place 5 to 10 drops of the cerumen-softening solution into the ear canal, and allow it to remain for at least 15 minutes (see Table 30-1).
2. Prepare a warm (not hot) solution of plain water or other solution as directed by your doctor. Eight ounces of solution should be sufficient to clean out the ear canal.
3. To catch the returning solution, hold a container under the ear being cleaned. An emesis basin is ideal because it fits the contour of the neck. Tilt the head down slightly on the side where the ear is being cleaned.
4. Gently pull the earlobe down and back to expose the ear canal as shown in drawing A.
5. Place the open end of the syringe into the ear canal with the tip pointed slightly upward toward the side of the ear canal, as shown in the drawing. Do not aim the syringe into the back of the ear canal. Make sure the syringe does not obstruct the outflow of solution.
6. Squeeze the bulb gently—not forcefully—to introduce the solution into the ear canal and to avoid rupturing the eardrum. (Note: Only health professionals trained in aural hygiene should use forced water sprays [e.g., Water Pik] to remove cerumen.)
7. Do not let the returning solution come into contact with the eyes.
8. If pain or dizziness occurs, remove the syringe and do not resume irrigation until a doctor is consulted.
9. Make sure all water is drained from the ear to avoid predisposing to infection from water-clogged ears.
10. Rinse the syringe thoroughly before and after each use, and let it dry.
11. Store the syringe in a cool, dry place (preferably, in its original container) away from hot surfaces and sharp instruments.
12. Do this procedure twice daily for no longer than 4 consecutive days.

