

How to Use Ear Drops

- (1) Wash your hands.
- (2) Clean the ear flaps with cotton swab.
- (3) Hold the bottle in your hands for a few minutes and warm the ear drops to near body temperature in order to minimise the discomfort when applying it.
- (4) Tilt your head sideways or lie on your side with your ear facing upwards.
- (5) Place into your ear the number of drops prescribed by your doctor. Avoid touching the dropper against your ear to prevent contamination of the dropper.
- (6) After putting in the ear drops, gently pull the ear lobe upwards and downwards to allow the drops to run into your ear. Keep your head tilted sideways for about two minutes to prevent the ear drops from running out of the ear.
- (7) Wipe your ear flaps dry.
- (8) Do not wash or wipe the dropper. Replace it into the bottle and tighten it right away.
- (9) If possible, ask your family members or someone else to put the ear drops in for you.

- Precautions:
- (I) Never use discoloured, deteriorated or expired ear drops.
 - (II) Tighten the cap after use.
 - (III) Discard any leftover ear drops one month after opening.