

Care Plan For Use Of Olive Oil Spray

This care plan is for



Warm Olive Oil bottle in palm of hand and shake well before use.



Pull the upper ear up and backwards to open the ear canal.

Hold the bottle in an upright position with nozzle in ear canal

Press the button 1 or 2 times to apply olive oil



Massage gently in front of ear

Stay still for a few minutes

Instructions

Spray ____ times in left ear

Spray ____ times in right ear

Twice a day for ____ weeks

Signed _____

Clinic Nurse

Expected Risk	Rational
Do not over heat olive oil	This could burn the ear canal
Do not push spray nozzle in the ear canal	This will cause pain or damage the ear canal
Do not apply cotton wool into the ear	This can get stuck in your ear and can prevent the wax coming out
Earol is single person use only	To prevent spread of infection
Nozzle becomes blocked	Pull nozzle off and clean in soapy water and dry well.. re apply the nozzle to bottle.
Olive oil is a natural product and had no known side effects	Stop using if pain or ringing in the ear occur and consult your G.P
If allergic to vegetable or mineral oil	Do not use.

Please read the instruction leaflet before use.

Alternatives to olive oil can be purchased from your chemist who will advise you of safe use.

Your G.P may also be able to prescribe an alternative for you, he will advice you how to use it.