



# **BASIC EAR CARE**

**BHPI**

hearing for all 2024

**Better Hearing Philippines Inc.**

# Cleaning of the Ear

1. Use soft and clean cloth or tissue
2. Wipe only the pinna and external part of the ear canal
3. Use of cotton buds is discouraged
4. Do not use hair pins, toothpicks or any object that will harm the ear or push the ear wax further inside the ear canal
5. Do not insert any object inside the ear
6. Avoid allowing water to enter the ear.

# Dry Mopping

- Correct method of keeping the discharging ear dry.
- Keeping the ear dry is the easiest form of treatment and maintenance for draining ears.

# Dry Mopping

## How to make a dry mop?

1. Twist a piece of toilet tissue or facial tissue into a soft swab.
2. Make sure it is not too pointed or too hard at the end

# Dry Mopping Procedure



# Dry Mopping

1. Sit the person so the ear is facing a good source of light.
2. For both children and adults, pull back the ear to straighten the ear canal for easier access.
3. Place the twisted mop or swab between the index finger and thumb and begin rotating the mop as it is inserted as far as it needs to go into the wet canal.

# Dry Mopping

4. Continue to rotate the mop as you pull out the mop with discharge
5. Dispose the used mop properly and insert a dry one
6. Continue this until the ear appears dry.
7. Dry mopping should be done three times a day or as often as needed.

# Dry Mopping

If bleeding occurs, or if patient complains about pain, do not continue to dry mop, instead, **CONSULT YOUR DOCTOR immediately!**

# Removing Impacted Ear Wax

Make sure that the eardrum is intact, and there is no history of infection. If the patient reported previous discharge or bleeding, patient should be advised to **CONSULT** their **DOCTOR!**

# Removing Impacted Ear Wax



# Removing Impacted Ear Wax

If the patient never had any of those mentioned;

1. Make use of a medicine dropper to put baby oil or hydrogen peroxide in the ear of the patient.
2. Allow it to settle for 10 minutes.
3. Patient must be positioned lying on one side.

4. Procedure must be done 2 to 3 times a day for 5 consecutive days.
5. After these, refer to a trained health worker or to your doctor for irrigation of the ear wax.

# Removing an Insect

Make sure that the eardrum is intact, and there is no history of infection. If the patient reported previous discharge or bleeding, patient should be advised to **CONSULT** their **DOCTOR!**

# Removing an Insect



# Removing an Insect

1. For small fly or ant, light from a torch can make them change direction and climb out of the canal.
2. For crawling insects, pour baby oil in the ear to make the insect immobile and empty the oil until the insect slides out of the canal or until it is possible to remove the insect

# Removing an Insect

If the insect did not move nearer the outer ear canal, **CONSULT YOUR DOCTOR!**

# Removing Foreign Object



# Removing Foreign Object

Do not try to remove the object by yourself because you might push it further inside.

**CONSULT YOUR DOCTOR!**