

## Irrigating an Ear

- Infection control procedures apply
- Wear suitable protective equipment, especially gloves
- Ensure absolute privacy and dignity for the client
  
- The person rests their head on a pillow with the ear that needs irrigating facing upwards
- Put a waterproof protector under their head to keep the pillow dry
- If necessary, apply a softening medication to soften secretions
- Put the ear medication into warm water, it has to be body temperature
- Clean the outer area of the area with cotton swabs - do not put them inside the ear canal
- Put a kidney bowl under the ear to catch solution
- If the client is uncomfortable, stop immediately
- Fill the irrigation syringe with the irrigation solution and expel any air from the syringe
- Hold the ear lobe and gently move it so as to improve access to the ear canal
- Put the tip of the syringe 2mm to 3mm into the ear canal and gently irrigate the ear with the prescribed amount of solution
- The client then turns their head to drain the solution out of their ear into the kidney bowl
- Using a small ball of cotton wool clean the outer area of the ear

