

Why do I want to keep my ear dry?

It is important to keep your ear dry to prevent infections in the ear.

What will I need?

1. Cotton wool covered in Vaseline
2. Ear plugs
3. Plastic cap to cover both ears

What should I do before I wash my hair/bath/shower?

1. Wash your hands
2. Tear off a piece of cotton wool large enough to fit in the outer ear.
3. Completely cover the cotton wool with a thin layer of Vaseline- use enough to create a waterproof plug
4. Place cotton wool firmly in the entrance of the ear canal, thereby blocking it
5. Ensure that the cotton wool does not fall out by gently tilting head from side to side.
6. If the cotton wool remains in place with washing your hair, bathing/showering
7. If using ear plugs, follow steps 5 & 6
8. Remove cotton wool or ear plugs after washing

NB: Never put cotton buds in your ears, as they can damage the ear canal or ear drum, and they will only push any wax present further into the ear, causing further problems.

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Keeping the Ear Dry



An information leaflet for patients.

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