How to use your ear drops



1 Lie on one side



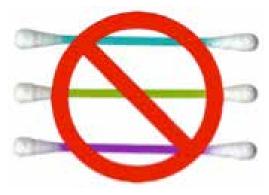
Pull the ear back and insert the drops into the ear



 Massage the front of your ear for 30 seconds



4 Stay still for 5 minutes



5 Avoid cotton wool buds



6 Avoid getting water in ears. Use cotton smeared with Vaseline when showering