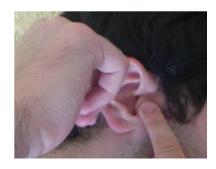
How to use your ear drops



1. Lie on one side



2. Pull the ear back and insert the drops into the ear.



3. Massage the front of your ear for 30 seconds



4. Stay still for 5 mins



5. Avoid cotton wool buds



6. <u>Avoid</u> getting water in ears. Use cotton smeared with Vaseline when showering

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