

PATIENT EAR CARE AT HOME

Advice for patients with ASP (semi-permanent needles) or ear pellets

- Daily activities: You can wash your hair and shower with the needles or pellets in. When drying, pat your ear gently with clean paper towel
- Take care when talking on the phone, touching or cleaning your ears
- Keep small children and pets away from your ears
- Once a day look at or have a partner look at your ear for any signs of infection (redness, swelling, discomfort)
- ASP Needles (only)
 - Walking re-activates the needles
 - When taking the needles out, rotate clockwise then counter clockwise then pull straight out
 - When removing the needles on the right ear, tilt your head to the right so the needle may not fall in your ear, ditto for the left
- Ear pellets
 - Applying gentle pressure with your thumb and forefinger will stimulate the points
 - When removing pellets on the right ear, tilt your head to the right so the pellet may not fall in your ear, ditto for the left
- **IMPORTANT:** Seek medical advice if there are signs of infection or a needle or pellet goes in your ear canal

Any questions or concerns?

Call Judy on 01892 664939 or text 07593 341439.