

ADDITIONAL NOTES

- Iodine based antiseptics can be used. You should not use alcohol based antiseptics (such as chlorhexidine) in the ear.
- These can damage the inner ear.
- Stop if there is pain when performing washout.
- Use a fresh syringe and solution for each patient.
- You MUST dry the ear properly after an ear washout, especially if the patient has a hole in their eardrums.

Practical D

Dry mopping: EXPLAIN,
DEMONSTRATE,
SUPERVISE

Introduction

Dry mopping is used to clear pus out of the ear canal. It can also be used to dry the ear after ear washout (*see practical C, module 3*). Dry mopping can be done with the help of either of the two:

- a. Tissue wick
- b. Cotton mop

You can use either of the two methods. Using a tissue wick is easier and less likely to injure the ear canal. Prefer that. If tissue paper is not available, you should use the cotton mop.

DO NOT MOP the canal when there is acute pain in the ear.

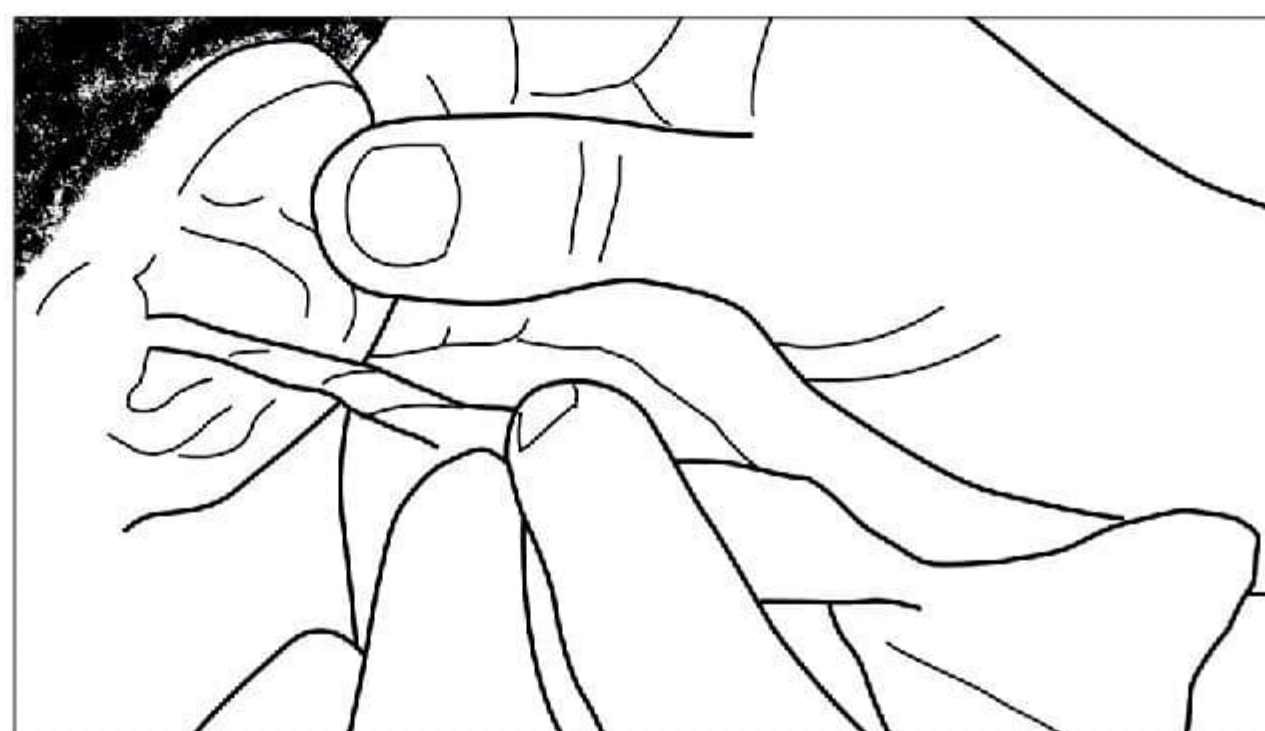
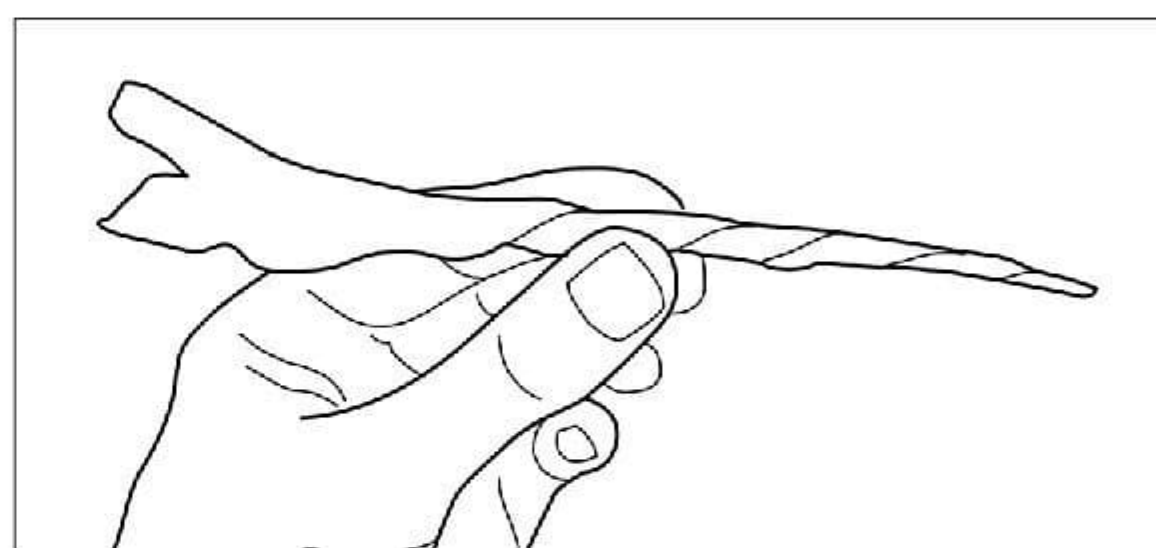
If dry mopping causes fresh bleeding or severe pain, STOP.

PROCEDURE

Method A**Equipment**

- Tissue papers
- Otoscope
- Speculum

1. Wash your hands
2. Examine the ear (see practical B, module 2) to diagnose the underlying ear problem
3. Twist the end of a tissue to make a "tissue wick"
4. Pull the pinna back. Insert the tissue wick 2-3 centimetres into the ear canal
5. Leave the tissue wick in place for around 10 seconds
6. Pull out the wick and see if it has pus or other liquid on it
7. Throw away the wick you have just used
8. Repeat with another tissue wick. Keep on repeating until the tissue wick no longer comes out wet.
9. Repeat otoscopy to confirm that all the pus or other liquid has gone.



Method B

Dry mop: Equipment

- Cotton
- Wooden stick applicator
- Otoscope
- Speculum

PROCEDURE

1. Wash your hands.
2. Examine the ear (see practical B, module 2) to diagnose the underlying ear problem.
3. Pull off a small piece of cotton wool.
4. Gently pull it out into an oval shape.
5. Put the tip of the stick into the center of the cotton wool.
6. Twist the stick round and round with one hand whilst holding half of the cotton wool tightly against the stick with the thumb and index of your other hand.
7. Half of the cotton wool should extend from the end of the stick and form a fluffy, soft tip.
8. The rolled up piece of cotton wool should be long enough so that when the soft tip is deep in the ear canal and next to the eardrum there is still some cotton wool sticking out of the ear canal. (This is so that you can hold onto the cotton wool and ensure that the cotton wool comes out of the ear canal).
9. Pull the pinna back. Insert the mop gently into the ear canal, without pushing or forcing.
10. Pull out the mop and see if it has pus or other liquid on it.
11. If required, repeat with another mop. Keep on repeating until the mop no longer comes out wet.
12. Repeat otoscopy to confirm that all the pus or other liquid has gone.