

## use your ear drops the right way

正确使用耳药水



- ① Wash your hands with soap and water before you apply the ear drops.  
请用肥皂与清水洗手。



- ② Read the instructions on the label.  
详阅标签上的说明。



- ③ Remove the seal.  
除去封条。



- ④ Shake the bottle before using the medication.  
使用前，先摇动瓶子。



- ⑤ Tilt your head so that the ear to be treated is facing upwards.  
把头部歪向一边，使需要治疗的耳朵朝上。



- ⑥ Hold the external ear flap backward and upward. For children younger than 3 years old, hold the external ear flap backward and downward.  
把外耳向外和向上拉紧。3岁以下孩童，把外耳向外和向下拉紧。



- ⑦ Apply the right number of drops into the ear. Avoid touching the ear with the dropper.  
把正确数量的药水滴入耳内，不要让滴管接触到耳朵。



- ⑧ Remain in the same position for about 5 minutes to allow the medicine to flow into the ear.  
保持这个姿态约5分钟，使药水流入耳内。