



After care advice for ear seeds and ASP needles

It is recommended that ear seeds and ASP needles are left in place for a maximum of 4 days, after which they should be removed.

Ear seeds Simply peel the plaster covering the seed from the ear and dispose of it as you would any other plaster.

ASP needles should be held securely with the fingers or tweezers. Twist one direction then the other, then pluck from the ear. These should be placed into the container provided and brought back to the clinic for disposal. If you have any difficulties, please contact the clinic directly and we will arrange to remove these for you.

Please note that both seeds and ASP needles may fall from the ears before the 4 day period is complete....this will not affect your treatment and may be your body 'shedding' the needle. Seeds and ASP needles are non-hazardous, they are not sharp and pose no risk if lost, however, if an ASP needle does shed and fall from your ear you are asked to try and find the needle and dispose of it in the container provided.

Hygiene: Keep the ears clean and free from product build up. Once a day check your ears for any signs of infection.

Daily activities: You can wash your hair with ear seeds and ASP needles in place, however, please keep ears clear of shampoos etc.

Precautions: Take care when talking on the phone, touching or cleaning your ears. Keep small children and pets away from your ears.

Remember: Walking/ movement re-activates ASP needles!

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