

POST-OPERATIVE INSTRUCTIONS

INSERTION OF GROMMETS/TUBES

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What can I expect after the operation?

- A little blood coming from the ear on the day of surgery is not unusual
- Pain after grommets is minimal. 1-2 doses of Paracetamol may be required
- Antibiotic ear drops may be prescribed, particularly if the ear is infected at the time of surgery
- You or your child can return to normal activities the following day

- 20-30% of children will have some ear discharge over the life of the grommet
- If your child develops discharge they should be seen by a doctor and started on ear drops if indicated

How does a grommet work?

- A grommet allows air to pass into the middle ear and equalize pressure across the ear drum
- Water can also enter the middle ear through the grommet and this may cause infection.

Do I need to keep the ears dry when the grommets are in?

- Keep the **ears dry for the first 2 weeks** after the operation. After that time most kids can get some water in their ear without any issues

- There are some **situations where keeping the ears dry is recommended:**
 - In the bath- soapy water can pass through the grommet more easily
 - When diving or surfing (head more than 50cm under the surface)
 - If your child gets infections/discharge whilst the grommets are in place
 - If your child gets ear pain when swimming

How do I keep the ears dry?

- Ear plugs from the chemist and a swimming cap if swimming

How do I use eardrops?

- At some stage you may be required to use eardrops
- To put the eardrops in tilt the head to the side, pull the ear back and up and drop the drops into the ear canal. Massage the cartilage in front of the ear canal to pump the drops into the middle ear

When do I have follow-up?

- Your first appointment will generally be around 6 weeks after surgery

If you have any problems please contact me on 0413 310 971 or 7200 2539.
Please note the mobile number is **only** for use during the post-operative period



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