

POST OPERATIVE INSTRUCTIONS AFTER GROMMET INSERTION

To clarify, a grommet is a VENTILATION tube which allows air entry into the middle ear to dry out any fluid that has collected. A common misconception is that it is a DRAINAGE tube, which is not the case.

PAIN RELIEF

Pain can be managed with Panadol. Anti-inflammatories (i.e. Nurofen) may be used but not if tonsillectomy or adenoidectomy has been performed as this may lead to bleeding. Aspirin should be avoided also as it may cause bleeding.

EAR DISCHARGE

Some patients will experience some bleeding or discharge after grommet surgery. The discharge may be clear, white or blood stained. This is expected after grommet surgery and can last up to 2 weeks. Antibiotic drops may be prescribed after grommet insertion.

EAR DROPS

You may be asked to use ear drops after surgery. This helps to prevent the grommet blocking and also helps prevent infection. If required, follow the instructions on the bottle or as instructed by Dr Bowman.

SWIMMING

It is important to keep chemically treated water out of the ears (eg chlorinated water, soap and shampoo).

Swimming in chlorinated pools should be avoided for two weeks after grommet insertion. After that time ear plugs and a swimming cap should be worn if swimming in a swimming pool/spa. If swimming in the ocean, fewer precautions are necessary.

To keep water out of the ears, use silicone putty which you can purchase from the chemist or fitted ear plugs. A bathing cap is required to keep the plugs in place.

OUT OF HOURS EMERGENCY CONTACT

If you have any concerns please do not hesitate to contact Dr Bowman's office on 3163 3633.

If after hours, should you require URGENT attention following discharge from hospital, depending on the nature of the emergency, either:

- 1) Call an ambulance on 000**
- 2) Call the ENT On Call Service on 0499 330 021 (do not leave SMS messages)**