

18 August 2020

Grommets postoperative instructions

What to expect

Immediately post op – Your child may be in some discomfort. This usually does not last longer than a few minutes and is associated with disorientation from the anaesthetic. You should be able to go home within approx. 2 hours of the operation.

Day 1 – 7 – Your child may have small amounts of blood and pus discharge from the ear. This is normal. Use the drops if they are prescribed and if your child is in pain either panadol or nurofen are usually all they will need. They can have a shower but can't go swimming for a few days.

After day 7

Recommence swimming lessons with ear plugs and a swimming cap if possible
Don't allow your child to put their head under water in the bath

If your child gets discharge from their ears

The discharge is usually due to an upper respiratory tract infection. Your child should be placed on antibiotic drops if it continues for more than 24 hours. This can be prescribed by your GP. Ciproxin HC ear drops are often prescribed, but the final decision rests with

your doctor.

If the discharge continues for more than 5 days despite drops then contact your doctor's rooms as he will need to see you and likely suction out your child's ears

When do I follow up with my ENT Clinics doctor?

Initial follow up is one month after surgery then again approximately 6 months after the operation with a repeat hearing test.

What if the grommets fall out?

Grommets are designed to fall out. There is no need to worry. After the grommets have fallen out your child should have a repeat hearing test which is not urgent. If their symptoms which necessitated grommets in the first place return then they should have them reinserted.

After Hours Assistance

If you have any urgent post surgery concerns after hours, the on call ENT Surgeon can be contacted on: 0499 330 021. *The after hours number does not accept SMS messages, images or appointment bookings*