

POST OPERATIVE INSTRUCTIONS FOR GROMMETS

Leaving the hospital

- There are no dietary restrictions, although after a general anaesthetic it may be best to start with clear liquids.
- Please take any prescription medicines, as requested. If there is a lot of infection in the ears, you may have been prescribed antibiotics by mouth and/ or to be given in the ear (ciloxan otic drops).

Pain Management

- Paracetamol (panadol) available over the counter at the chemist should be all that is required.
- Nurofen can also be used, at an age appropriate dose, alternating with paracetamol.

Nausea and Vomiting

While it is not uncommon to get some nausea and or vomiting after surgery it is not usually severe or long lasting. If you find you have persistent nausea and vomiting then should contact your anaesthetist or surgeon.

Precautions After Surgery

DO NOT take any unnecessary chance of catching a cold. Avoid undue exposure or fatigue. Should you catch a cold, treat it in your usual way. Some fluid discharge from the ear canal can be expected if you do catch a cold or flu. You may anticipate a certain amount of pulsation, popping, clicking and other sounds in the ear, and also a feeling of fullness

in the ear. Occasional sharp shooting pains are not unusual. Minor bleeding from the ear canal is also expected and should settle after a couple of days.

Some minor dizziness is expected after the surgery. Please contact us if there is dizziness or imbalance lasting more than 24 hours after surgery.

Water Precautions

After grommet insertion, excessive water entering the ear canal may travel through the tubes directly into the middle ear, potentially contributing to ear infection. Keeping excessive water out of the ears, is therefore important.

For showering or shallow baths try cotton wool coated in vaseline. For swimming try blue tac rolled into a ball and place in the bowl part of the ear, but not forced down the ear canal. Reinforce the blue tac with a swimming band, visit the [http:// www.northsideaudiology.com.au](http://www.northsideaudiology.com.au) online store to purchase ear swimming bands.

For children or adults that swim regularly and they are having problems with water penetration, professionally moulded ear moulds are the best choice.

If moulded plugs are required, call 88834856 (Northside at Bella Vista) for an appointment.

Discharge from the ears

After the tubes have been put in the ear drum, sometimes with a cold or flu the ears will leak middle

ear fluid. This generally means that the child has less ear pain, but can become a nuisance. See your local doctor who can prescribe oral antibiotics (usually Amoxil or Augmentin) and ear drops (Ciloxan otic drops are the safest) to treat the situation.

Postoperative Followup

Please make an appointment for approximately 8 weeks after surgery, so that we can check the ears.