

Grommet Insertion Post-operative Instructions

What to expect

- Mild discomfort in the ears can be expected after surgery
- You may eat and drink whatever you like
- Antibiotics drops may be prescribed after your surgery. Please use these as directed.

Nausea, vomiting and dizziness

- Some children may experience nausea and may vomit after a general anaesthetic.
- Some dizziness is expected. It should not last more than 24 hours after surgery

Pain management

- Usually paracetamol or painstop is all that is required.
- Occasional sharp shooting pains do occur

Discharge from the ear

- A small amount of blood may be seen in the ear canal following surgery. As long as bleeding does not continue it is not a problem.
- If you develop a cold while grommets are in place a discharge may develop. This is usually well treated with drops if not settling.

Noises in the ear

- You/your child may experience some pulsation, popping, clicking and other sounds in the ear.

What to Do

Water Precautions

- Water entering the ears can pass through the grommet and cause an ear infection
- Avoid soapy water when showering by using a shower cap or cotton wool with Vaseline placed in the bowl of the ear
- Swimming at the beach or outdoor pools is fine but diving towards the bottom of the pool should be avoided
- Swimming in indoor pools, lakes and rivers without ear plugs is not recommended
- If ear infections occur despite these measures, your child will need proper fitting ear plugs before continuing to swim.

Ear Discharge

- If you/your child develops a discharging ear, ciprofloxacin drops are best.
- To place drops, lie on your side with the affected ear up, place the drops in the canal then “pump” them into the ear as instructed. It is best to lie for 10 minutes before treating the other side.

Follow-up

- You/Your child will need an appointment about 2-3 weeks after surgery unless otherwise arranged.

Commonly asked questions

When can I swim after surgery?

It is best to wait 7 days before swimming after grommets are inserted. If there is any discharge from the ears, this needs to have cleared up completely before water exposure begins.

Should I wear ear plugs after grommets?

No these are generally not needed except for hair washing with shampoo or any exposure to soapy water. See attached handout for more information.

If you are concerned at any time after your surgery, please contact Dr Roth's rooms on (02) 9982 3439 or via email on info@drjasonroth.com.au. If it is out of business hours and you need urgent care, please attend your nearest emergency department or GP. If your surgery was performed at Castlecrag Private Hospital or North Shore Private Hospital you may also contact the ward nursing staff who are there 24 hrs a day. Note that these hospitals do not have an emergency department, have no medical staff on site overnight and cannot provide assistance in the case of emergencies once you have left the hospital.