

## Post-operative information **Grommets**

### WHAT TO EXPECT

**Drainage:** It is not uncommon to experience a blood stained discharge for several days after grommets

**Pain:** Grommets typically cause minimal pain. Use panadol or nurofen if needed.

**Activity:** Patients can resume normal activities and return to work/school the following day

### ANTIBIOTIC DROPS

Antibiotic ear drops may be prescribed after surgery or you develop a discharge whilst the grommet is in place. The best way to use the drops, is to lie on your and have someone else put the drops in. They should pull the ear up and back to straighten out the ear canal when instilling the drops. After the drops have been instilled, massage the tragus (cartilage in front the of the ear canal) for 30 seconds to allow the drops to penetrate deeper. Do not be concerned if you taste the drops.

### WATER PRECUATIONS

To prevent water from entering the middle ear and causing an infection, we recommend **keeping the ears dry** for the first 2 weeks post-surgery. Use of ear plugs when showering or swimming is recommended.

After 2 weeks most people can get some water in their ears without a problem however, we do recommend ear plus and/or a head wrap for the following situations

- Diving, surfing or submerging the head under water
- In soapy baths
- In children that experience any discharge or pain when swimming
- In children with a history of infections with previous sets of grommets

### INFECTIONS/DISCHARGE

- Some people unfortunately do get a discharge when their ears come in contact with water. If this occurs, we recommend seeing your doctor or contacting our rooms. Usually antibiotic drops will be prescribed as they work a lot more effectively than oral antibiotics.

### FOLLOW UP

- Grommets can typically last anywhere from 6-9 months before falling out by themselves
- Dr Psaltis will normally review you at 6 weeks and again at 9 months

### USEFUL CONTACTS

- The Memorial Hospital (08) 8366 3800
- Calvary North Adelaide Hospital (08) 8239 9100
- Calvary Adelaide (08) 8227 7000
- Prof Psaltis Rooms (08) 8410 6611 / [manager@entadelaide.com](mailto:manager@entadelaide.com)