

POST OP GROMMET INFORMATION

- Paracetamol (Panadol) and Nurofen should be sufficient for pain relief.
- Antibiotic drops may be prescribed after surgery. Please take as directed.
- Start slowly with food and drinks after general anaesthetic as you may feel dizzy or nauseated for a few days.
- A couple of days off work and school should be sufficient to recover from the surgery.
- Some fluid may discharge from the ears including blood which should settle over a few days. You may also experience pulsating, popping, clicking or feeling of fullness after surgery.
- Avoid excessive water entering the ears after surgery and swimming for a couple of weeks. Use ear plugs and swimming cap/band when swimming to avoid water entering the ears. Dry ears after showering and swimming with a cloth or hair dryer on a cool setting. It is advisable to also use ear plugs for showering – Bluetack or cotton wool with Vaseline. If you feel there is a lot of water getting into the ears with these type of plugs, custom moulded ear plugs can be made by an audiologist.
- After grommets have been inserted, sometimes discharge from the ears may occur with a cold or flu. This is a sign of infection. Please seek medical advice and prescription for antibiotic drops and/or oral antibiotics.
- A follow up appointment will be scheduled with your surgeon in approximately 1-2 months to check the position of the grommets and a hearing test.
- Please contact ENT Clinics-Victoria if you are concerned about your condition after surgery.