

Post operative care instructions following insertion of grommets

The following instructions will help you know what to expect in the days following surgery. However, do not hesitate to call if you have any questions or concerns. Dr Anderson can be contacted on X for post operative issues otherwise contact the rooms on 07 4721 4582 during office hours. If you are unable to contact Dr Anderson leave a message. If you are worried or if it is an emergency go to the Townsville Hospital Emergency Department to be assessed by the Emergency doctors. If Dr Anderson is not available an ENT doctor is always on call at the Townsville Hospital.

Pain relief and diet

The recovery from grommet insertion is generally brief and well tolerated. Most patients will have no significant discomfort, acting and feeling normal within hours of the procedure. Panadol is usually all that is required for pain relief. Your child can return to a normal diet immediately.

Ear Drops

Please use the antibiotic ear drops as given or prescribed 2-3 drops in each operated ear, 2 times a day for 3 days. Keep the ear drop medicine in a cool, dark place until it expires, as it may be used to treat future infections in the unlikely event they occur.

Post-Operative Grommet Drainage

You may commonly see drainage from the ears for several days, and this may be bloody. This is quite normal and should not be alarming unless it persists more than 5 days or is accompanied by increasing pain. Children may commonly pull at or gesture towards their ears for some weeks after the operation. This is generally because they are continuing a learned behaviour from when their ears hurt them, or because they are irritated by the much louder environment they experience when their hearing improves after the operation. In either case, the behaviour will decrease and stop with time. It rarely indicates infection.

Grommets and Swimming

There are often questions regarding water exposure. Note that only a minority of patients will experience complications from water exposure, so Dr Anderson does not recommend any special water precautions, unless the patient experiences pain with water exposure or has frequent drainage with water exposure. You should avoid deep diving with grommets and dunking in soapy water.

My child has a discharge from their ear?

Occasional children will have a mucous like discharge from their ear. This is common and will usually occur at the same time as an upper respiratory tract infection. Usually this can be treated with using a tissue spear to clean the ear canal and managing the respiratory tract infection with nose blowing and nasal sprays. If it is causing pain, then additional treatment may be needed such as ciprofloxacin ear drops and oral antibiotics. This will clean the vast majority of cases.

Follow up

Call NQ ENT on 4721 4582 to arrange follow-up visit 6 weeks after surgery with a post-operative audiogram.