

POST-OPERATIVE ADVICE

What to expect and do after a Grommet insertion

The operation usually gets done as a day case, so you will be back home on the same day. Immediately after your child leaves the recovery room he/she will still be a bit sleepy. A sister will monitor their condition in the ward, and as soon as they are happy that the child can eat and drink and that there is no vomiting the child can be discharged.

If your child had a hearing loss due to the fluid in the middle ear, the hearing should be almost normal immediately after the operation.

If there was an infection in the ear at the time of surgery I might prescribe some antibiotic eardrops to use for the few days after the operation.

Back home:

Water prevention is only necessary if the child's head will be going underwater. This is to prevent bacteria going through the grommet into the middle ear space. I only advise to have the child wear earplugs when he/she goes swimming in a public pool or gym or if bath time is a bit of a diving game!

Pain and pain control:

This is not a painful operation, but we will provide you with a script for pain medicine.

Food and drink:

Your child can continue with a normal diet immediately after the operation.

When to call your doctor:

- **Bleeding**
 - There might be a little bit of blood in the ear just after the operation. This is normal. Any persistent bleeding or bleeding that occurs later needs to be brought under my attention.
- **Infection**
 - Your child might get another ear infection. You might see a slimy, yellow discharge from the ear. Please call me if this happens to discuss if eardrops are necessary.

Follow up:

I would like to see your child again 1 week after the operation to check if the grommet is clear and still in place.

Grommets usually stay in place for about six months after which they fall out. They can fall out earlier or stay in for up to a year.