

ADULT AND PAEDIATRIC ENT HEARING AND BALANCE SPECIALIST

Dr Payal Mukherjee

MBBS, FRACS (ORLHNS), M5 (USyd)

POST OPERATIVE PROTOCOL OPERATION: GROMMETS

- **HOSPITAL STAY:** If performed on its own or in conjunction with adenoidectomy you will be discharged the same day
- **PAIN:** A mild earache often occurs and may be relieved by paracetamol, if pain does not settle panadeine forte or pain stop (for children) may be used. If pain persists for more than 4-5 days please let us know.
- **DISCHARGE:** Discharge of blood or mucous may be present for a few days post surgery. This is normal but if persists for more than 4-5 days please contact us.
- **EAR DROPS:** You will normally be given some antibiotic ear drops after the operation. Unless otherwise advised, you will need to use it for 3 days post op using 3 drops in each ear 3 times a day.
- **WATER PRECAUTIONS:**
 - o Care should be taken when showering and washing hair. Place a piece of cotton wool soaked in Vaseline into the ear to create a seal. Alternatively you may use a shower cap if not washing the hair or ear plugs.
 - o Avoid swimming for 3 weeks following surgery. Ear plugs should be worn when swimming which can be purchased from any chemist or can be gotten specifically moulded for your child which specialist paediatric audiologists will be able to provide at our centre. Swimming caps may also provide added protection. Diving and swimming under water should be avoided.
 - o It is important to continue this till the grommets have extruded and the ear drum has healed behind them. Dirty water in the middle ear may cause an infection in the middle ear.
- **POST OP REVIEW:** You will need to see your surgeon 6 weeks after surgery with an audiogram.
- Please call the rooms if you have any questions after surgery