

ADULT AND PAEDIATRIC ENT HEARING AND BALANCE SPECIALIST

A. Prof Payal Mukherjee

MBBS, FRACS (ORLHNS), MS (USyd)

entcaresydney.com.au

POST OPERATIVE PROTOCOL OPERATION: GROMMETS

- **HOSPITAL STAY:** Generally you will be discharged the same day as the procedure.
- **PAIN:** A mild earache often occurs and may be relived by paracetamol. If pain does not settle panadeine forte may be used. If pain persists for more than 4-5 days please contact the practice.
- **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 the clinic.
- **EAR DROPS:** You will normally be given antibiotic eardrops after the operation. Unless otherwise advised, you will need to use it for 3 days after surgery, using 3 drops in each ear 3 times a day.
- **WATER PRECAUTIONS:**
 - 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 hair or earplugs.
 - Avoid swimming for 3 weeks following surgery. Earplugs should be worn when swimming which can be purchased from any chemist or can be specifically moulded for you child, which specialist paediatric audiologists can provide at our centre. Swimming caps may also provide added protection. Diving and swimming underwater should be avoided.
 - It is important to continue this until the eardrum has healed. Dirty water in the middle ear may cause an infection.
- **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.