

**GROMMET INSERTION POST OPERATIVE INSTRUCTIONS**

- Some mild discomfort in the ears can be expected after your surgery
  - For pain relief: take Panadol or Panadeine Forte or Pain Stop or Brufen
- You can eat and drink what you like
- Antibiotic drops may be prescribed after your surgery. Please use as prescribed.
- A small amount of blood is not uncommonly seen after grommets are inserted. As long as this does not continue it is of no concern.
- Avoid water getting into the ears to prevent water passing through the grommet and resulting in infection
- Avoid soapy water getting into the ears when showering by using a shower cap or cotton wool with Vaseline placed into the bowl of the ear
- Swimming at the beach or outdoor pools is fine but the head *should not* go under the surface more than 60 cm (ie diving to the bottom)
- Swimming in indoor pools, lakes or rivers is not advised
- If ear infections occur despite these measures then you/your child will need proper fitting ear plugs +/- course of Ciprofloxacin ear drops
- To place ear drops, lie on your side with the affected ear up, place the drops into the ear canal and “pump” them into the ear as instructed
- Lie on your side for 10-15 minutes, then repeat for the other ear (if required)

**Follow Up**

- If you have not already booked a follow up appointment, please phone the rooms and book an appointment for 3-4 weeks time
- You will need an audiogram done prior to being seen for your post-operative visit. Please organise this as instructed by Dr Elliott

**Contact Numbers**

Dr Michael Elliott (rooms)                      02 8355 7940

Royal Prince Alfred Hospital                02 9515 6111