



MY ENT SPECIALIST
Experts that Care

Grommets - Post operative instructions

Before your child's surgery

- Grommet insertion is usually carried out in hospital. It is a day only procedure so your child will not necessarily need to stay overnight unless they are having another operation for example, tonsillectomy at the same time.
- Remember to let school know your child will be off for 24 hours.

After your child's surgery

- **Discomfort**-grommet insertion is not generally painful, panadol or nurofen for the first 24 hrs should suffice. You should contact us if there is a lot of pain after the operation.
- **Ear Discharge** – small amounts of watery and bloodstained discharge are normal for the first 3 days. (If there is lots of discharge, it is smelly or green, or if there is blood that trickles from the ear contact us and we will advise.
- **Ear Drops**- antibiotic drops are placed in the ear canal at the time of operation. If the ear is very infected Dr McGuinness will prescribe a further course of eardrops.
- **Keep the Ears Dry** - you need to be careful of water getting in the ears. For the first 2 weeks we advise protecting the ears with cotton wool when bathing or showering.

- **Swimming**- Your child should not swim for 2 weeks after the surgery. Children with grommets can swim after this but we would advise protecting the ears with **earplugs and a headband or a swimming cap.**
- **Ear Infections**- children with grommets can still get ear infections especially if dirty water gets into the ears or if they have a cold. These infections are not usually painful and your child will not feel unwell. The best way to treat them is often with eardrops such as Ciloxan rather than with oral antibiotics.

Post operative appointments

You will receive a call from our nurse around 3 days after discharge and an appointment will be made for 3-4 weeks after surgery.

Useful Numbers

Dr John McGuinness

Rooms (office hours)	1300 3620715
Nurse (8am- 8pm)	0418 824 652
Campbelltown Private	4621 9111
Campbelltown Public Paeds	46343000
Lifeshouse at RPA	8514 1850
L'pool Public-ENT Registrar	9828 3000
St George Private	9598 5555
St George Public- ENT	9113 1111
St Luke's Hospital	9356 0200

