

Grommets Surgery

Post-operative Instructions:

1. Avoid water down the ear canals. The use of pre-moulded silicone plugs (Doc's proplugs) is recommended. These are available for purchase from the clinic. Select the best fit and use them whenever the head will be immersed. Water-seal can be enhanced by use of a thin film of Vaseline over the plug. Most children are fine in a bath or shower without plugs as long as the head stays above water.
2. Pain following grommets should be minimal. If there is pain which is not controlled by Paracetamol, seek advice.
3. There may be a small amount of blood from the ear canal following the procedure. This is from the eardrum incision. If it persists for more than 48 hours then seek advice.
4. If ear drops are prescribed, use as directed. The exact number of drops is not important. Use a gentle pumping motion over the tragus (triangular cartilage in front of the ear hole) to push the drops through the grommet.

What to Expect:

1. Any discharge following the procedure should clear with the use of drops over the week.
2. If the ears get wet, they may commence discharging. Cease any swimming or other water sport. Your GP will be able to clear this up with appropriate ear drops most of the time. If this proves difficult, contact the rooms for review.

Contact the rooms or Mr Walsh if:

1. Bleeding, pain or discharge continues despite the measures outlined above.
2. Adverse reactions to any prescribed medications.