



SYDNEY ENT HEAD & NECK

NEWTOWN

Suite 7, 155 Missenden Rd NEWTOWN NSW 2042

CROWS NEST

Suite 211, 300 Pacific Highway CROWS NEST NSW 2065

GROMMETS POST OPERATIVE INSTRUCTIONS

- Some mild discomfort in the ears can be expected after your surgery
 - For pain relief: take Panadol or Panadeine Forte +/- 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 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 50 cm (ie diving to the bottom)
- If an ear infection occur despite these measures then you/your child will need proper fitting ear plugs +/- course of antibiotic 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 5 minutes, then repeat for the other ear (if required)

Follow Up

- An appointment will be made for you to be seen in the rooms in 2 weeks

Contact details for both Newtown and Crows Nest ENT Specialist Clinics

P 02 8355 7940

F 02 8078 4408

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