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Specialist Adult and Paediatric ENT surgeon

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POST OPERATIVE CARE: GROMMET INSERTION

Grommets are tiny plastic ventilation tubes that are flanged at the end. They are inserted into the ear drum to allow ventilation to the middle ear and equalize pressure.



Medications after surgery:

- Pain management – Mild discomfort is to be expected following the surgery and can be treated with simple over – the counter pain killers such as Paracetamol or Ibuprofen.
- Antibiotics – Usually you do not need any antibiotics (tablets or syrups) after the surgery. However, each patient is different and if it is warranted then our team will prescribe the antibiotic to you prior to leaving the hospital.
- Ear drops – It is common to use antibiotic ear drops for 3 days following the surgery. The duration and type of antibiotic drops may vary according the patients. This will be prescribed to you prior to leaving the hospital.

Ear care after surgery:

- Water precautions –
 - Must keep your ear(s) dry until the grommet(s) have extruded and the ear drum has fully healed
 - Start to use water-proof ear plugs when having a bath or shower. The ear plugs must be for water exclusion and not the noise protection variety. You can purchase these from your chemist. The plugs do need cleaning with water and soap at regular intervals.
 - Blu-tac can also be used as ear plugs. These are used in large piece to block the ear and not is small volume to go into the ear canal. Discard after single use.
- Swimming / Surfing –
 - Avoid swimming or surfing for the 2 weeks following surgery.
 - Can restart after your first review with the Specialist with water precautions (ear plugs AND head band or caps)

Recovery:

- You or your child will require 1-2 days / weeks off work or school for full recovery.

Complications:

- Bleeding – Occurs occasionally particularly immediately after surgery and when the grommets have been in-situ for a long period. If this happens, please contact the rooms for review.
- Discharge – Common and can occur in upto 20% patients following ear infections or upper respiratory tract infections. If this occurs, start tissue wicking to absorb the discharge and commence ear drops (Ciloxan) as this would settle most infections.
- Extrusion – The grommets are not permanent and will mostly extrude by 6-12 months. Some types may last longer. You may be able to see it mixed with wax when it comes out. Continue the water precautions until you have been reviewed by the Specialist or the GP to confirm that the ear drum has fully healed following the extrusion of grommet.



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