

Prince Court Medical Centre



Instructions For Patients Following Grommets Procedure

- ❖ **KEEP EARS DRY** – Ear plugs must be use when showering, bathing or swimming to prevent water getting into the ear canal. This reduces the likelihood of developing an ear infection. When swimming ear plugs must be worn with the addition of a swimming cap – **DO NOT PUT YOUR HEAD UNDER WATER.**
- ❖ **EAR PLUGS** – You may use any of the following:
 1. Cotton wool balls smeared with Vaseline to make them waterproof.
 2. A piece of Blu-tak.
 3. Plugs purchased from the chemist.
 4. Custom-made ear plugs.
- ❖ **EAR DISCHARGE** – Expect a small amount of fluid that may be blood stained, to discharge from the ear in the first 12-24 hours after the procedure.
- ❖ **EAR DROPS** – Antibiotic ear drops (usually Sofradex) will be supplied by the hospital and are to be taken three times a day for the first two days following your procedure.
- ❖ **EAR ACHE** – Pain is uncommon after grommet insertion and should resolve with paracetamol.
- ❖ **DISCHARGE FROM HOSPITAL** – Usually a few hours after return from the operating theatre.
- ❖ **NO ASPIRIN** – It acts to thin the blood and may cause bleeding.
- ❖ **APPOINTMENT** – A review appointment will be made approximately 4-6 weeks after your procedure. A doctor's letter will be given to you on leaving hospital.