

WHAT ARE GROMMETS ?

This procedure involves the insertion or removal of middle ear ventilation tubes via your external ear.

WHAT HAPPENS BEFORE SURGERY?

Certain diagnostic tests will be organised prior to your surgery, if necessary. Generally speaking patients are admitted to the hospital on the day of surgery.

You will need to FAST (have nothing to eat or drink) 6 hours prior to your admission to hospital.

We advise that you do not smoke at least one week prior to surgery to help prevent complications developing from your anaesthetic and surgery.

HOW LONG WILL I BE IN HOSPITAL?

You will usually be discharged from the hospital a few hours after you return from the operating theatre.

WHAT HAPPENS TO ME AFTER SURGERY?

- You will feel drowsy for up to 4 hours after surgery.
- Nursing staff will take your blood pressure, pulse and respiration rate following return to ward.
- You may eat and drink once you are fully awake and alert.

- You may feel some soreness as the anaesthetic wears off, and you may require some pain relieving medication. If you have any discomfort be sure to ask the nursing and medical staff for some pain relieving medication.

WHAT WILL HAPPEN WHEN I GO HOME?

- The hospital requests that upon discharge you are escorted home by a family member or friend. It is not advisable for you to drive yourself, or to take public transport home.

ACTIVITY LIMITATIONS

- Keep ears dry – ear plugs must be used when showering, bathing or swimming to prevent water getting into the ear canal. This reduces the likelihood of developing an ear infection. When swimming earplugs must be worn with the addition of a swimming cap. **DO NOT PUT YOUR HEAD UNDERWATER.** Ask your doctor when you can recommence these activities.

Ear Care

- Ear Plugs, you may use either:
 - Cotton wool balls smeared with vaseline to make them waterproof.
 - A piece of blu-tak
 - Plugs purchased from a chemist
 - Custom made ear plugs
- Do not attempt to clean ears, especially with cotton buds, unless instructed to do so by your doctor.

- A small amount of fluid may be discharged from your ears for the first 12-24 hours following surgery. This fluid may be blood stained.
- Eardrops are required only if specifically indicated by the doctor on discharge. Antibiotic eardrops (usually sofradex) will be supplied by the hospital if required.

Pain Relief

Ear ache and pain is uncommon following insertion or removal of grommets and should resolve with paracetamol. **NO ASPIRIN** for at least three weeks, as it acts to thin the blood and may cause bleeding. (Children under twelve years of age should never be given aspirin).

Follow-up

A review appointment will be made approximately 4-6 weeks after the operation. A doctor's letter (explaining your stay in hospital) will be given to you on leaving hospital and should be given to your local doctor.

WHEN TO CONTACT YOUR LOCAL DOCTOR OR THE DEPARTMENT OF ENT

Please report immediately to your local doctor or Prince Court Medical Centre, Emergency Department, if you have any of the following:

- Any persistent bleeding or discharge from your ear or wound.
- Increase in body temperature or fever.
- Ringing or abnormal sounds in your ear.
- Increased swelling or redness in your ear or surrounding area.
- Decreased hearing.
- Dizziness or persistent nausea.

- Persistent headache.
- Discharge from nose.

In the case of an emergency you may contact the Emergency Department on Ph: 2160 0000.

WHAT TO BRING INTO HOSPITAL

- Make sure to remember to bring in all your x-rays and any medications you may normally take each day.
- Please ensure that all jewellery and make-up or nail polish, if applicable, is removed prior to your admission.
- Please bring a change of clothes, night attire and all the personal toiletries you will require whilst in hospital.
- Please make arrangements for someone to drive you home on the day of discharge.

PLEASE USE THE SPACE BELOW TO WRITE DOWN ANY QUESTIONS YOU WOULD LIKE TO ASK WHEN YOU ARE ADMITTED.

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Approved by Dr. Yeo Sek Wee

VISITING HOURS

Visitors are welcome between the hours of **10 am and 8pm**. It is requested that all other times be respected as rest periods for the patient.

PHONE ENQUIRES

It would be appreciated if you could also restrict all patient enquiries to the nominated times below and nominate one family member to make the calls due to the busy nature of the ward.

Thank-you.

(10am - 12md), (2pm - 4pm), (6pm – 8pm)



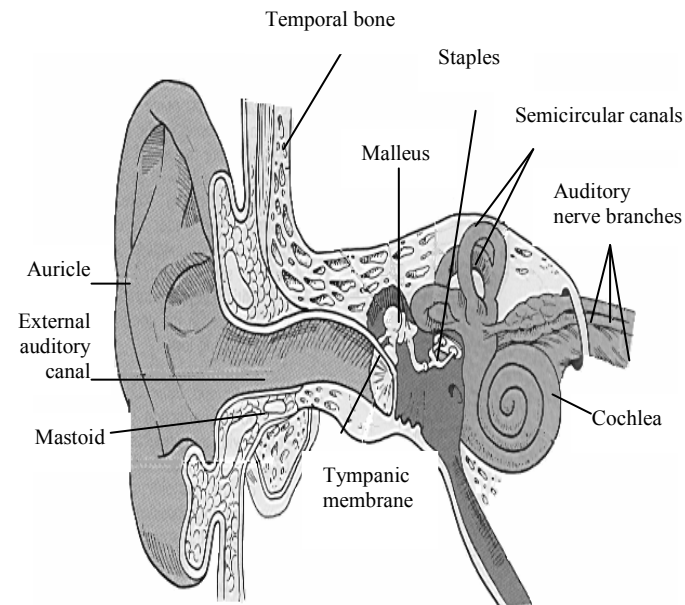
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PRINCE COURT MEDICAL CENTRE

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PRINCE COURT MEDICAL CENTRE

A GUIDE FOR PATIENTS HAVING A GROMMET/VENTILLATION TUBE PROCEDURE



This pamphlet is a guide and is no substitute for a full and open discussion of the risks and benefits of the proposed procedure, these should be discussed with your doctor. The specific details of your care may vary from the matters discussed in this guide.

PLEASE BRING THIS PAMPHLET WITH YOU ON YOUR ADMISSION TO THE HOSPITAL