

# Middle Ear Ventilation Tube (Grommets) Post-operative Instructions



**SYDNEY VOICE**  
& SWALLOWING  
Dr Daniel Novakovic

## **Pain**

There may be some mild pain immediately following insertion of grommets. Panadol or Painstop can be used to control this and it will pass quickly

## **Water precautions / General care**

The ears should be kept dry whilst the grommets are in. This is to help avoid an infection and discharging grommets. We recommend custom moulded ear plugs or “Docs ProPlugs” (available from our office). If you haven’t obtained these yet please use Blu-Tak or cotton wool coated in Vaseline when in the bath or shower. Please avoid swimming for the first two weeks. Swimming can be started later but we recommend that a headband or cap be worn in conjunction with ear plugs.

Occasionally there may be discharge from an ear with a grommet inserted. If it lasts longer than 3 days please contact us or your GP

## **Follow Up**

We normally review the patient at about 2-3 weeks post-operatively to check the grommets. If you do not already have a follow-up appointment please call the office to make one. We also like to check the grommets every 6 months to make sure they are working and not extruded (about 1 in 3 children need further grommets). We also like to check that the grommet hole has healed once they fall out and that there is no return of middle ear fluid.

If profuse discharge occurs this usually indicates infection and the ears will need to be reviewed by a doctor. This will most often occur with a cold as the middle ear fluid is released through the grommet. Swimming should be ceased until the infection is cleared which usually requires antibiotic drops from your GP (Ciloxan ear drops are the safest). If infection persists longer than one week please contact us.

Finally, grommets work well so please enjoy the fact that you/your child will enjoy better hearing and be less troubled by ear infections