

Insertion of grommets

The following instructions will help you know what to expect in the days after surgery. Please call if you have any questions or concerns.

Immediately after the operation your child may be in some discomfort. This usually does not last longer than a few minutes and is also associated with disorientation as children emerge from the anaesthetic. This will settle quickly and you can usually expect to be discharged within approximately 2 hours of the operation.

Day 1 – 5

- Your child may have small amounts of blood and pus discharge from the ear. This is normal. Use the drops if they are prescribed.
- If your child is in pain then either Panadol and/or Nurofen (dosage per packet instructions) are usually all they will need for pain relief.
- Normal activities can be resumed from the day after surgery.
- Return to school the day after surgery as long as not requiring regular pain relief.
- They can swim the day after surgery but must wear ear plugs.

If your child gets discharge from their ears

The discharge is usually due to an upper respiratory tract infection. Your child should be placed on antibiotic drops if it continues for more than 48 hours. This can be prescribed by your GP. Ciloxan ear drops are best, but the final decision rests with your doctor.

If the discharge continues for more than 5 days despite antibiotics drops then contact Dr Anderson's rooms for an appointment

Follow up

Initial follow up is six weeks after surgery our staff will touch base approximately 12 months after the operation.

What if the grommets fall out?

Grommets are designed to fall out. There is no need to worry. If the symptoms which necessitated grommets in the first place return then your child should be reviewed to have them reinserted. Some children require multiple sets of grommets over the course of their childhood.