



## Matthew Leaper

MBChB, (Otago), FRACS (Otolaryngology, Head & Neck Surgery)

Ear, Nose and Throat Surgery  
Head, Neck and Thyroid Surgery  
Facial Plastic Surgery  
Snoring surgery

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## Post-operative instructions for ventilation tube (grommet)

After the procedure, head straight home and take it quietly for the rest of the day.

Following grommet insertion, the ears may be sore although quite often they aren't. A child may sometimes find sounds very loud as they may be hearing much better than before the operation.

Sometimes I will prescribe some antibiotic and steroid eardrops. This is intended to settle any infection and reduce the chance of the grommets being rejected by the ear or blocking. Paracetamol may be given for pain. If this is insufficient, then Nurofen can also be given, if your child can take this medication.

I would like to check your child in clinic about 4-6 weeks after surgery. This is to ensure the grommets are in place and that your child's hearing is back to normal.

Swimming: I suggest keeping the ears dry for 2 weeks to allow the grommets to heal in place and the ear to settle down. After this time, it's safe for your child to swim in a **clean** swimming pool. A recent study showed there was no difference in the rate of ear discharge with the use of earplugs. Occasionally, if there are problems with the grommets, then I will recommend the use of earplugs and a headband. These can be purchased from the Invercargill rooms, from pharmacies and audiologists in Dunedin.

If the person with grommets develops an ear infection then they are likely to develop discharge from the ear, which may be blood stained. This should be treated and is best settled down with eardrops. From a practical point of view, it's best to make an appointment with your GP if this happens.

Grommets vary in how long they remain in the ear depending on the individual and the type of grommets. I often collar buttons that last between 1-2 years. They are designed to fall out of the ear canal with the wax.