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## Grommet Removal Surgery

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### Leaving the hospital:

1. If you have not already been given a postoperative appointment, please ring our office and arrange a visit for approximately 2 weeks after surgery.
2. Any medication you are prescribed, should be taken as directed on the bottle. Typically you will only need to take simple pain relief. Ear drops or antibiotics may be needed on occasion.
3. There are no dietary restrictions.

### Precautions after surgery:

1. DO NOT take any unnecessary chance of catching a cold. Avoid undue exposure or fatigue. Should you catch a cold, treat it in your usual way. Some fluid discharge from the ear canal can be expected if you do catch a cold or flu.
2. You may anticipate a certain amount of pulsation, popping, clicking and other sounds in the ear, and also a feeling of fullness in the ear. Occasional sharp shooting pains are not unusual. Minor bleeding from the ear canal is also expected and should settle after a couple of days.
3. Some minor dizziness is expected after the surgery. Please contact us if there is dizziness or imbalance lasting more than 24 hours after surgery.

### Water Precautions:

After grommet removal, excessive water entering the ear canal may travel through the perforation directly into the middle ear, potentially contributing to ear infection and prevent ear drum healing. Keeping excessive water out of the ears, is therefore important. You can use many methods of keeping the ears dry.

**For baths** try cotton wool coated in Vaseline or Blutac.

**For swimming** Blutac rolled into a ball and place in the bowl part of the ear, but not forced down the ear canal. Reinforce the blue tac with a swimming band or swimming cap. These are available at chemists. For children or adults that swim regularly and they are having problems with water penetration, Docs Pro plugs can be bought at chemists or professionally moulded ear moulds can be used.

After the tubes have been removed, the ear drum usually will heal on its own over a number of weeks. Try to avoid hard nose blowing and popping the ears for a few weeks.

### Pain Management:

- Paracetamol (panadol) or Painstop (both available over the counter) are usually all that is needed.
- Neurofen can be used at an age appropriate dose, alternating with Paracetamol
- Pain usually settles within 24-48 hours.
- If these measures are not controlling your pain then contact your anaesthetist or us at the rooms.

### Nausea and Vomiting:

- While it is not uncommon to get some mild nausea and or vomiting after grommet surgery
- If you find you have persistent nausea and vomiting then contact your anaesthetist or the rooms.