



## PATIENT INFORMATION SHEET

# POST OPERATIVE CARE GROMMETS - OTITIS MEDIA SURGERY

DR WILLIAM MOONEY MBBS FRACS  
[www.drwilliammooney.com.au](http://www.drwilliammooney.com.au)

### POST OPERATIVE CARE INSTRUCTIONS

Contact Dr Mooney at once if you have any of the following concerns:

- Fever greater than 38.5C
- Excessive bleeding
- Excessive or increasing pain.
- Increasing redness of the skin around the incision sites
- If you are disturbed or worried about any aspect of your surgery or recovery.

For **EMERGENCY** please contact Dr Mooney through the switchboard of your operative hospital (after hours) or his consulting rooms at which you visited (during working hours).

Bankstown: 02 9796 7007

Marrickville: 02 9569 7055

Bondi: 02 9387 6622

Darwin: 08 8981 7318

Further information can be obtained from:

[drwilliammooney.com.au](http://drwilliammooney.com.au)

- Grommet surgery is a minor day procedure. Any ear pain should be mild.
- You have been given a prescription for pain relief – please use as required.
- Clear or blood tinged discharge from the ear may be present 1 to 2 days after surgery. This is normal.
- You may clean the outer ear gently with cotton wool or a soft cloth. **DO NOT** use a cotton bud in the ear canal.
- It is essential that you keep the ears **DRY** for the first 2 weeks. If unsterile water gets into the middle ear through the grommet, an infection can occur. Please take some simple precautions especially with children during bath time and showering, such as using silicone or putty ear plugs, blu-tac or a similar pliable substance. If these are unavailable you can use

cotton wool with Vaseline as a substitute.

- **SWIMMING:** While the grommets are in place, swimming should be on the surface of the water only (no heads under water). If you must swim then it is recommended that you obtain molds to measure molded ear plugs and ensure that you use an ear wrap or swimming cap in addition.
- A follow up appointment should be made 2-4 weeks after surgery. A hearing test can be arranged to measure hearing improvement.
- Follow up visits are required until the grommets fall out as they are designed to do. The hole in the ear drum gradually heals and pushes the grommet into the ear canal, usually in 6-12 months. The grommet may stick to wax in the outer ear canal and will be removed at a visit or it may fall out.

- It is important to remember that grommets can be an on going procedure and that some patients may require specialist follow ups for several years. 30% of all patients will need a second set of grommets.
- It is important to be aware of infection continually after the operation. If discharge continues to occur after the first few days, seek treatment as this may indicate an infection. Infections can often occur after a cold, exposure to soapy water or swimming.
- Only use ear drops that have been prescribed by Dr Mooney. Some ear drops can harm the middle or inner ear if not used as directed.

### TIPS TO REMEMBER

- You may travel by air 2-4 days after surgery. With a grommet in place the ear is not affected by changes in air pressure.
- Children can usually return to school the next day. If adenoids are removed the patient should stay at home for longer—at least 1 week.

- You may notice that your child's hearing and language will significantly improve. This is a sign that the grommets are working.
- Grommets can occasionally fall out preemptively. It is important to pay attention to your child's ear and behaviour in relation to this. Seek to make another

appointment as soon as possible if you think your child's grommet has fallen out.

- Grommets and middle ear problems can often be an on-going problem with small children—however do not despair most children grow out of these difficulties by the time they are 10 yrs old.