

Instructions for patients following grommet surgery

Your child will remain in hospital for observation for a short period after surgery and will be discharged when stable.

When you get home:

- Very occasionally patients complain of ***pain or pressure*** following surgery. If your child complains of pain or pressure, ***administer Paracetamol*** according to their age, weight and instructions on your particular brand of medication. If experienced, this pain or pressure should subside within 24 hours.
- Give your child a ***light diet*** on the day of surgery on return home and progress them to a normal diet the next day.
- You may notice some ***discharge from the operated ears***. Don't insert anything into the ear canal to clean this away, and only wipe away any discharge which may make its way onto the outer part of the ear or face.
- Prior to surgery we recommend that you obtain ***suitable ear plugs*** for use immediately following the surgery ***for bathing, showers, water play and sand play***. Our recommended brand is ***Docs Pro Plugs and our practice can inform you of your local supplier***. ***Swimming is not recommended*** until at least after the first post operative appointment with Dr Para. When swimming activities are recommenced there is to be ***no diving, jumping or "bombing" into water and ear plugs are to be used at all times while participating***.
- Participation in ***school or child care activities*** can be recommenced 24 hours after discharge from hospital.
- ***Medical certificates*** for patients and/or carers can be obtained by calling the rooms on 4737 3396.
- ***Nepean Public Hospital patients*** – ***a follow up appointment*** will be conducted at the outpatients clinic and Dr Para will indicate the time frame.
- ***Westmead Private Hospital patients*** - ***a follow up appointment*** has already been arranged. Please review your letter from the practice or check with our medical secretary on 4737 3396