

GROMMET INSERTION

POST OPERATIVE INSTRUCTIONS

- Some mild discomfort in the ears can be expected after your surgery
- For pain relief: take Panadol or Panadeine Forte or Pain Stop
- A small amount of blood is not uncommonly seen after grommets are inserted. It is of no concern unless it continues.
- Avoid getting water into the ears to prevent water passing through the grommet. When showering or swimming a small cotton wool with Vaseline ear plug is to be used
- If ear infections occur despite these measures then you/your child will need a course of Ciprofloxacin ear drops. To place ear drops, lie on your side with the affected ear up, place the drops into the ear canal and “pump” them into the ear as instructed. Lie on your side for 10-15 minutes, then repeat for the other ear (if required)

Follow Up

- If you have not already booked a follow up appointment, please phone the rooms and book an appointment for 5-6 weeks time
- You will need an audiogram done prior to being seen for your post-operative visit. Please organise this as instructed by Dr da Cruz

Contact Numbers

- A/ Prof Melville da Cruz (rooms) 02 96351030
- Westmead Hospital ph 02 9845 5555
- Westmead Children’s Hospital 02 9845 0000