

## Post-Operative Care for Grommets

After the operation it is important that the ears are kept dry for 3-6 weeks. Take the precaution of putting cotton wool with a smidgen of Vaseline on the outside of the ear when hair washing or showering.

It is suggested that your child stays away from school for 10 days after adenoidectomy and 2 weeks following tonsillectomy, if these procedures are done simultaneously. Otherwise the child who had grommets can return to school 48 hours post operatively. (after the anaesthetic effects have worn off)

Any discharge of fluid from the ear after operation is not correct. Your GP or the hospital should be contacted and the discharge treated with antibiotic ear drops. Antibiotics by mouth are not, for some reason, as effective.

The grommets stay in position for any time between 6 and 24 months. You are unlikely to be able to see them, but we keep a regular check upon its position in the Out Patient Department with post-operative visits at 6 weeks, then at 4-6 monthly intervals until they come out . Approximately 80% of children will be cured by one operation. However, when the grommets come out, if the adenoidectomy has not been effective in improving the function of the eustachian tube, the fluid will return and it will be suggested at this time that further grommets or long term ventilation tube be fitted.

Grommets do not mean "No Swimming". The ears only have to be kept dry for the first 3-6 weeks, after which swimming without protection is quite in order. There are a small number of children who complain of discomfort in the ears when they swim and obviously these children would benefit from using either an ear plug or some cotton wool with vaseline to block the external ear canal. A ear band purchased from swimming clubs or sports shops can also help.

Do not hesitate to contact Mr Rockey's rooms if you have any concerns on 03 5442 1150 .