



**POST OPERATIVE INSTRUCTIONS for
MR DAYAN CHANDRASEKARA**

GROMMET (VENTILATION/TYMPANOSTOMY TUBE) INSERTION/REMOVAL

Pain Relief:

- Pain is uncommon after this procedure but Panadol/Nurofen can be used if required

Diet:

- There are no dietary restrictions after this procedure

Things to Expect

- Blood stained discharge from the ears is common in the first 48 hours or so – the ear drops will help wash/cleanse this out from the ear canal and you can gently clean the visible part of the outer ear, but DO NOT attempt to clean the ear canal itself which things such as cotton buds
- Fever is abnormal and should be reported to my office or your local GP
- Nausea is common in the first 12-24 hours and related to the general anaesthetic
- Purulent discharge is abnormal and should be reported – this can happen anytime there is infection and usually requires antibiotic drops; usually it is painless, and not an emergency but please notify my office if it is not clearing or responding to treatment
- A follow up appointment should be made 2-4 weeks after surgery; 6 monthly reviews continue after this until the grommets come out
- Grommets staying in longer than 2 years or so is abnormal and may require removal

Restrictions

- If your child feels well enough, then can return to school after 24 hours
- Flying and swimming are permitted after 24 hours (UNLESS this procedure has been combined with eg tonsils/adenoids in which case observe the post-operative instructions for that procedure)
- If you/your child has had removal of grommets, do not use any drops or get the ears wet at all (ie avoid swimming, and plug the ears in the bath/shower) until the 1st post-operative appointment, usually at 3 weeks after the procedure; once the holes have sealed then these restrictions will be lifted

Water Precautions

- Grommet insertion
 - Bathe/shower normally (ie no ear plugs required)
 - Swimming in a public swimming pool – ear plugs and a bathing cap/headband are highly recommended to reduce the risk of the grommets getting infected;
 - Swimming in a private backyard swimming pool – sometimes plugs are not required as the risk of infection is a lot lower
- Grommet removal
 - Plug your child's ears in the bath/shower (eg "ear putty" from the chemist, cotton wool ball dipped in Vaseline Petroleum Jelly, any other sort of water proof plug)

- Do not swim
- Once reviewed by me (usually at around 3 weeks) and the holes have sealed, your child can then start swimming and getting ears wet normally

Contact Details:

- Office hours (9am to 5pm) TEL 03 9817 4366
- After hours call the hospital ward you were admitted to and they will contact me
 - St Vincent's Private Hospital East Melbourne TEL 03 9928 6555
 - Paediatric Ward – 3rd Floor East Melbourne
 - Adult Ward – 4th Floor East Melbourne
 - Warringal Private Hospital Heidelberg all wards TEL 03 9251 6651
 - Epworth Eastern Hospital TEL 03 8807 7100
 - Surgical Ward - 6th Floor

If you cannot contact me after hours, please present to your closest Emergency Department immediately (particularly if there is ongoing bleeding as this needs to be attended to urgently)

The following Emergency Departments have 24 hour On-Call ENT Surgeons available:-

- Box Hill Hospital – 8 Arnold St, Box Hill (Adults and Children)
- Monash Medical Centre – 246 Clayton Rd, Clayton (Adults and Children)
- Austin Hospital – 145 Studley Rd, Heidelberg (Adults and Children)
- St Vincent's Hospital – 41 Victoria Pde, Fitzroy (Adults ONLY)
- Alfred Hospital – 55 Commercial Rd, Prahran (Adults ONLY)
- Royal Melbourne Hospital – 300 Grattan St, Parkville (Adults ONLY)
- Eye and Ear Hospital – 32 Gisborne St, East Melbourne (Adults and Children)
- Royal Children's Hospital – 50 Flemington Rd, Parkville (Children ONLY)