



Dr. Sarah Morrison
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GROMMET POST OPERATIVE INFORMATION



Grommet surgery is generally not painful. If you feel your child is in pain, it is recommended to use Paracetamol or Ibuprofen.

There may be some mild ear discharge for up to 3 days after surgery. The discharge may be blood stained.

Ear drops are prescribed to prevent infection (Ciloxan 3 drops, 3 times a day, for 3 days). If this is very uncomfortable, the drops can be ceased.

Some children have an ear infection at the time of surgery and may be prescribed oral antibiotics.

WATER PRECAUTIONS WITH GROMMETS



- Regular water exposure (head under water, not just splashes) increases the risk of the grommets becoming infected. This is evident by the presence of ear discharge.
- It is recommended to avoid swimming for 2 weeks after surgery.
- When swimming resumes, plug the ears and wear a neoprene headband or swim cap. This is required until the grommets fall out.
- Ear plugs are not required for the bath or shower if your child avoids submerging their head.

TYPES OF EAR PLUGS:

- For younger children "blu tak" is preferred.
- Silicon plugs available at pharmacies
- Molded plugs made by audiologists
- Docs pro plugs available online





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EARS DISCHARGE AFTER GROMMETS (NOT IMMEDIATELY POST OP)

Ear discharge and/or frank blood is generally a sign of an infection.

Large volume, cloudy, blood stained discharge requires treatment.

If this occurs, see your GP for ear drops and/or oral antibiotics.

For more detail, refer to
"discharging ears" handout.

Grommets naturally extrude from the ear drum. During this process, the grommets will occlude, fall into the ear canal and then out of the body. Generally the ear drum will be healed. This occurs around 6-18 months after insertion. Most parents do not see the grommet fall out. To know if the grommets are still working requires examination by a doctor or a hearing test.

Occasionally, in the process of extruding, the grommet may rub on the ear drum or ear canal causing bleeding or inflammation. This is best treated with ear drops and review by your surgeon.

Your child will be reviewed in clinic with a repeat hearing test 1-2 months after surgery, and every 12 months until the grommets have fallen out.

