

Post Operative Instructions Following Insertion of Ventilating Tubes (Grommets).

1. Hospitalisation. The procedure is usually performed as a Day Patient, under a brief general anaesthetic (unless performed with another procedure requiring an overnight stay eg. tonsils).

Parents can be with their child whilst being put to sleep, then wait by the bed, and I will call you as soon as the operation is over. Your child will then be back about 30 minutes later, once awake enough to miss you.

2. Mild Ear Ache. Often occurs and may be relieved with Paracetamol (Panadol, Dymadon, Paraspem). Pain not settling with Paracetamol or lasting more than two or three days should be reported.

3. Ear Discharge. Some discharge of blood or mucus may be present for a few days. This is common and there is no need to worry. If it does not dry up, see your local doctor for antibiotic drops, or call the Office if it persists.

4. Keep The Ears Dry. If the tubes get wet, the ears might discharge mucus or pus.

Ear plugs should be worn for bathing and swimming. - Use Doc's Pro-plugs (which will be posted to you post-operatively), or Blu-Tac. A drop or two of water in the ear canal is harmless. Some children don't need any water protection at all, but I prefer to use it if the child will tolerate plugs, for extra security. Water going through the tube might sting, or cause infection (usually just painless discharge). Sometimes an added bathing cap is useful, or a special fluoro-coloured ear-wrap (my secretary can give you the details).

5. Appointments. The nurse will make you an appointment for a post-operative check in three or four weeks.

If the hospital has not made the appointment for you, please call the Office.

If all is well at that appointment, and there are no problems during the year, Mr. Kleid will send you a reminder letter to come back in 12 months, to see if the tubes are out, the ear drum healed, and the glue-ear has not returned (glue ear comes back in one out of four children).

6. If You Have Any Problems. Please call the Head Office, my Beeper, or contact the ENT Registrar at the Royal Melbourne Hospital (9342 7000) or the Eye and Ear Hospital (9929-8666).