

## ENT / Head and Neck

# Discharge advice for adults following insertion of Grommets

This is a surgical procedure for the insertion of a ventilation tube (Grommet) into the eardrum.

### Day of Discharge

Before you are discharged home, your consultant or his deputy will come and see you and agree your discharge.

### Nutrition

After your operation you may eat as normal.

### Mobility

You may resume your normal activities as soon as you feel well enough to do so.

### Bathing

You may shower or bath after discharge, but try to avoid wetting the affected ear. We advise inserting a small piece of cotton wool, smeared with Vaseline into your ear prior to showering or washing your hair. This must be removed immediately afterwards.

### Driving

You may resume driving 48 hours after your operation.

### Sexual Relations

You may resume your sexual relations as soon you feel well enough to do so.



# Patient Information

## Return to Work

You may return to work as soon as you feel well enough to do so.

## Wound Care

- Do not use cotton buds or any other object to clean the deep parts of your ear.
- You may notice a blood stained or yellowish discharge following the operation, this is quite normal and may last for a day or two. If a persistent discharge develops please go and see your GP who will probably supply you with a course of ear drops.
- Do not worry if you see the grommet which looks like a small cotton reel emerging from the ear in the wax, this is quite normal.
- Swimming on the surface of the water is allowed, but it is not advisable to dive into the water until the doctor agrees that this is safe.
- If you are travelling by aeroplane you should not experience any adverse affects; the grommet actually prevents the pressure changes which result in earache.

## Medication

You may experience mild earache for which your usual painkiller may be taken. e.g. Paracetamol.

## Problems

If there is a persistent or offensive discharge, telephone the ENT Ward at University Hospital 024 7696 7831. The ward will advise you, and you may be asked to return to the ward or attend the Out-Patients clinic.

## Out-Patients Appointment

A follow up appointment for the out-patients department will be sent to your home address.

## Post

Any mail which arrives for you following your discharge will be re-directed to your home address.

## Further Information

For further information or clarification please contact the ENT Department on 024 7696 7831.

We wish you a speedy recovery.

## Patient Information

The Trust has access to interpreting and translation services. If you need this information in another language or format, we will do our best to meet your needs. Please contact the Department on 024 7696 7831.

The Trust operates a smoke free policy.

### Document History

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