

## ENT

# Discharge advice for adults after insertion of Grommets

This procedure involves inserting a small ventilation tube (Grommet) into the eardrum.

### Day of Discharge

Before you are discharged home, your consultant or a member of the team will see you to confirm your discharge plan.

### 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 getting the affected ear wet. We advise inserting a small piece of cotton wool, coated with Vaseline, into your ear before showering or washing your hair. This must be removed immediately afterwards. It is important to keep the ear dry for 2 weeks.

### Driving

You may restart driving 48 hours after your operation, if you had a general anaesthetic.



## Patient Information

### **Sexual Relations**

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

### **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 after the operation, this is quite normal and may last for a day or two. If a persistent discharge develops, please see your GP, who will most likely provide 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 your doctor agrees that it is safe.
- If you are travelling by aeroplane, you should not experience any adverse effects. The grommet actually prevents the pressure changes that can result in earache.

### **Medication**

You may experience mild earache, for which you can take your usual painkiller, such as Paracetamol.

### **Problems**

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

### **Outpatients appointment**

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

## Patient Information

### Post

Any mail that arrives for you after your discharge will be redirected to your home address.

### Further Information

For further information or clarification, please contact the Day surgery unit on 024 7696 6868.

We wish you a speedy recovery.

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 7007.

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