

Children's Surgery

Insertion of Grommets: Parent/Carer Discharge Information

This is a surgical procedure for the insertion of a small ventilation tube (Grommet) into the eardrum. This leaflet contains advice and information about what to expect when your child leaves hospital following this procedure.

Nutrition

After the operation your child may eat and drink as normal.

Mobility

Your child may resume their normal activities as soon as they feel well enough to do so.

Bathing

Your child may shower or bath after discharge, but it is advisable not to wet the affected ear. We advise putting a small piece of cotton wool, covered with Vaseline into their ear before showering or washing their hair. This **must be removed immediately** afterwards.

Return to school

Your child should stay away from school for 24 hours after surgery.

Wound care

- **Do not use cottons buds or any other object** to clean the deep parts of your child's 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 contact Children's Emergency



Patient Information

Department on 024 7696 6934.

- Do not worry if in time 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 should not be harmful, but it is not advisable to dive into the water until this is agreed with your doctor after their out-patient's appointment.
- If you are travelling by aeroplane your child should not experience any adverse effects; the grommet actually prevents the pressure changes which result in earache.

Medication

Your child may experience mild earache for which usual pain relief may be taken such as Paracetamol / Ibuprofen. Please do not exceed the manufacturer's stated dose.

Problems

If there is a persistent or offensive discharge from the ear please contact the Children's Emergency Department on 024 7696 6934

Out-patients appointment

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

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 6850 and we will do our best to meet your needs.

The Trust operates a smoke free policy

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

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