

## Children's Surgery

# Insertion of Grommets: Patient Discharge Information

This is an operation to put a small tube (Grommet) into your eardrum. This leaflet contains advice and information about what to expect when you leave hospital.

### Nutrition

After your operation you may eat and drink as normal.

### Mobility

You may start doing normal activities as soon as you feel well enough to do so.

### Bathing

You may shower or bath after going home, but it is best not to wet your ear. You should put a small piece of cotton wool, covered with Vaseline into your ear before showering or washing your hair. This **must be removed immediately** afterwards.

### Return to school

You should stay away from school for 24 hours after the operation.

### Wound care

- **Do not use cottons buds or any other object** to clean your ear
- You may notice a bit of blood or yellow oozing after the operation; this is quite normal and may last for a day or two. If this continues, ask your parent or carer to contact Children's Emergency Department (CED) on 024 7696 6934.



## Patient Information

- Do not worry if in time you see the grommet, which looks like a small cotton reel, coming from your ear in the wax, this is quite normal.
- You can swim on the surface of the water, but you **should not dive into** the water until this is agreed with your doctor after your out-patient's appointment.
- If you are travelling by aeroplane you should not experience any bad affects; the grommet actually prevents the pressure changes which result in earache.

## Medication

If your ears hurt tell your parent or carer and they will give you medicine to help you.

## Problems

If there is a persistent or offensive discharge from your ear ask your parent or carer to contact your own GP. If you are unable to contact them then telephone the **Children's Emergency Department (CED) on 024 7696 6934**. The ward will advise you, and may ask you 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.

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](mailto:feedback@uhcw.nhs.uk)

### Document History

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