

WHAT TO EXPECT

Pain

The procedure and presence of the tubes in the eardrum is not usually painful. Initially you may require simple analgesia such as paracetamol as per the recommended dose on the packaging, but often none is required. Antibiotic drops may be prescribed for the first few days.

Fatigue

The general anaesthetic, surgery and medications may cause you to feel fatigued. You should rest at home for the first 24hrs. If you feel insufficient, contact your surgeon or see your GP.

WHAT TO DO

General Care

It is preferable to keep the ears dry if possible to avoid the possibility of infection. This is particularly true during the first 2 weeks after surgery when activities such as swimming should be avoided. After this time it is okay to swim and bathe freely. Recent evidence suggests that earplugs may not be as essential as previously thought, but they remain a good idea if tolerated, as a precaution.

During the first 2 weeks after insertion, when washing your hair please place a cotton ball mixed with Vaseline as a disposable ear plug, removing afterwards.

If an infection occurs whilst the grommets are still in place, you may see pus draining from the ear canal. This should be treated with topical antibiotic drops, which can be prescribed by your GP or by our practice.

It is common to have some mild discharge from the ear in the first few days after surgery and this may be blood stained. If it is profuse or you are concerned please let us know and we can review. Usually this is a temporary finding which settles without problem.

The grommets stay in place for approximately 1 year but this is variable depending on how quickly the eardrum heals and pushes them into the canal.

Post-Operative Appointment

A post-operative review will be organised for 4 weeks after surgery and then every 6 months, to assess the ears and position of the tubes. A repeat hearing test may be requested following insertion.

IMPORTANT INFORMATION

Attend your nearest Emergency Department for serious complications e.g bleeding or prolonged vomiting or drowsiness.