

WHAT TO EXPECT

Fatigue

The general anaesthetic, surgery and medications may cause your child to feel fatigued.

Pain

Your child may have sore ears or a sore throat for a few days. The procedure and presence of the tubes in the eardrum is not usually painful. Initially the child may require simple analgesia such as Panadol as per the recommended dose on the packaging, but often none is required.

Ear discharge

It is common to have some mild, blood-stained discharge from the ear in the first few days after surgery. If it is profuse or you are concerned, please let us know and we can review your child. Infection is usually apparent by pus draining from the ear. This should be treated with topical antibiotic drops, which can be prescribed by your GP or by your surgeon.

WHAT TO DO

General Care

Your child should rest at home for the day of surgery and perhaps the next day. After that, if grommet insertion was the only procedure, your child should be fine to return to child care or school. Antibiotic drops may be prescribed for the first few days.

Please keep the ears dry during the first 2 weeks after surgery - swimming should be avoided and, when washing your child's hair, please use a cotton ball mixed with Vaseline as a disposable ear plug.

After 2 weeks, it is ok to swim and bathe freely. Recent evidence suggests that earplugs may not be as important as previously thought but, if your child tolerates them well, can be used as a precaution against infection.

Grommets usually stay in place for about 6 – 12 months, depending on how quickly the eardrum heals and pushes them into the canal.

Pain relief

Painkillers should be given if your child seems to be in pain.

Paracetamol (Panadol, Panamax) can be taken regularly every 6 hours, as per the dosage on the packet, for your child's weight and age.

Ibuprofen (Nurofen, Brufen) can be taken in addition, as needed, as per the dosage on the packet, for your child's weight and age.

Post-operative appointment

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

IMPORTANT INFORMATION

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