INSTRUCTIONS AFTER GROMMET INSERTION

PAIN RELIEF
Pain can be managed with Panadol. Anti-inflammatories (i.e. Nurofen) may be used but not if tonsillectomy or adenoidectomy has been performed (may lead to bleeding). Aspirin should be avoided as it may cause bleeding.

BLEEDING
Bleeding may occur after grommet insertion. It is quite common for this to occur in small amounts for 1-2 days after surgery. If large amounts of bleeding occur, contact Dr Que Hee.

EAR DISCHARGE
Some patients will experience discharge after grommet surgery. The discharge may be clear, white or blood stained. This is expected after grommet surgery and can last up to 2 weeks. Antibiotic drops may be prescribed after grommet insertion.

EAR DROPS
You may be asked to instill drops ear after surgery. This dissolves thick “glue” and helps prevent infection. Follow the instructions on the bottle or as per instructed by Dr Que Hee.

SWIMMING
Swimming should be avoided for two weeks after grommet insertion. After that time ear plugs and a swimming cap should be worn if swimming in a swimming pool. If swimming in the ocean, fewer precautions are necessary. Children with grommets should not go into spa baths.

If you have any problems or concerns please do not hesitate to contact Dr Que Hee by phoning 3831 4400.

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