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### **POST OP GROMMET INFORMATION**

- Paracetamol (Panadol) and nurofen should be sufficient for pain relief
- Antibiotic drops may be prescribed after surgery – please take as directed
- Start slowly with food and drinks after general anaesthetic as you may feel dizzy or nauseated for a few days.
- A couple of days off work and school should be sufficient to recover from surgery.
- Some fluid may discharge from the ears including blood which should settle over a few days. You may also experience pulsating, popping, clicking or feeling of fullness after surgery.
- Avoid excessive water entering the ears after surgery and swimming for a couple of weeks. Use ear plugs and swimming cap/band when swimming to avoid water entering ears. Dry ears after showering and swimming with cloth or hair dryer on a cool setting. It is advisable to also use ear plugs for showering – blutack or cotton wool with Vaseline. If you feel there is a lot of water getting into the ears with these type of plugs, custom moulded ear plugs can be made at the audiologist.
- After grommets have been inserted, sometimes discharge from the ears may occur with a cold or flu. This is a sign of infection. Please seek medical advice and prescription for antibiotic drops +/- oral antibiotics.
- A follow up appointment will be scheduled with your surgeon in approximately 1-2 months to check the position of the grommets and a hearing test.
- Please contact ENT Clinics Victoria if you are concerned about your condition after surgery.