

Southeast ENT Clinic

Epworth Berwick Specialist Centre
48 Kangan Drive, Berwick, VIC 3806
Ph (03) 8768 4250 Fax (03) 8768 4255
Email: admin@southeastent.com.au



POSTOPERATIVE INSTRUCTIONS FOLLOWING GROMMET(S) REMOVAL

Dear Patient/Carer:

Please read this document carefully as it contains important information that complements the instructions given by Mr Hurtado during your recent surgical admission.

Medications:

You may use common over-the-counter analgesics (ie, Panadol and Nurofen) if required. Please note Mr Hurtado does not routinely prescribe antibiotics after this type of surgery. He will instruct you on the use of antibiotic eardrops if required.

Water contact precautions

You must continue use of water-proof ear plugs (silicon plugs or blu-tack) at the time of your routine shower or bath. If water enters the ear canal, an infection may occur and eardrum healing could be affected. After being used, please clean the plugs with water and soap then let them dry for the next use.

Please avoid swimming pool activities/lessons until your postoperative appointment with Mr Hurtado. You may restart these activities using adequate swimming ear plugs and a head band or cap afterwards. Please do not dive under water even with plugged ear canals.

Other precautions

Air flight travel is not recommended during your first three weeks following surgery.

Avoid strenuous nose blowing until your postoperative review with Mr Hurtado.

Attend your nearest Emergency Department or local GP clinic

In case of ear infection (discharge), fever or severe pain that doesn't respond to the prescribed analgesics. Mr Hurtado would be keen to provide advice to your doctor if required.

On your postoperative appointment:

Mr Hurtado will perform an otoscopy to inspect the ear(s). You will need to arrange a hearing test prior to his review and make sure you bring a copy of the results on the day of your appointment. You may be discharged for ongoing GP follow up if no residual ear drum perforation is noticed.

Residual tympanic membrane perforation:

Ear drum perforation may persist despite initial grommet removal and gelfoam patching. Mr Hurtado will explain you further management options should this be your (child's) case.

We will confirm the time and date of your post-operative appointment soon. Do not hesitate to contact us if you require any further information regarding these instructions.

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