



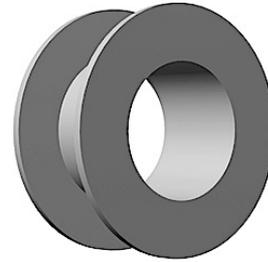
Mr Nicholas Agar

GEELONG
Head and Neck

Grommets

Discharge Date

Post Op Appointment



Discharge meds given? Yes / No

Time Panadol last given

The Recovery

The recovery from grommet (middle ear ventilation tube) insertion is usually uneventful. Hearing is better immediately if there was fluid under the ear drum at the time of surgery. If hearing impairment was contributing to a speech delay, improvement in speech takes a few months.

It is normal for your child to be:

- unsettled and irritable for the first 24hrs after the anaesthetic
- a little sensitive and sore in the ears for 2 days

Time Off

I recommend planing for 2 days off school or daycare.
Please ask for a certificate if needed.

Post Op Medications

I advise paracetamol and/or Ibuprofen (neurofen) as required. You can purchase these over the counter from your chemist.

Patients with thick glue, or inflamed ear drums will need post op ear drops. I therefore prescribe ciproxin ear drops to be instilled 3drops 3 times daily for 3 days for most patients. Press over the ear canal with your finger after putting the drops in to 'pump' them into the ear and through the drum. It is normal to taste the ear drops in the back of the throat. If the ear drum was not infected or inflamed I will not send you home with drops.

What will happen in the future?

Grommets are expected to last 9-18months. If they last over 3-4 years removal is considered. An ear check is needed every 6months, usually with your GP, to inform you when the grommets are out. Ear infections with a grommet are different - there is minimal pain whereas discharge is the key symptom. Please treat a discharging ear quickly with ciprofloxacin based drops from your GP, if it persists beyond 1 week a swab will be needed and you should contact me.

Water Precautions

This is a controversial topic among ENT surgeons. Approximately half advise water precautions and half do not. I DO recommend using water precautions however if this is a cause of significant stress or anxiety in you or your child then its fine to omit this, and simply treat any ear discharge early on with Cipro HC antibiotic ear drops.

The theory behind avoiding water in the ear canals is that fluid (which may contain bacteria) can penetrate through the grommet, under the ear drum, and cause a middle ear infection. Fluid is more likely to go through the small hole in the grommet if there is detergent in it, or if your child is a few feet underwater.

My philosophy is that if a simple measure can avoid this then it makes sense to use it.

Water precautions involve:

- Using a shower not a bath to bathe
- If a bath is preferable discourage lying with the head underwater
- When swimming:
 - 1) use ear plugs - a large piece of 'Blu-Tac' in the outer ear is cheap and effective.
 - 2) use an 'ear band' - this wetsuit material head band prevents earplugs from continually dislodging while swimming.

www.littlegrommets.com
www.outdoorkids.com.au

Post Op appointment:

I like to check ears 2 weeks after grommet insertion to ensure the tube is in a good position, has not become blocked by the egress of any middle ear fluid, and that there is no infection. I will likely then discharge your child back to GP review every 6 months.

If you have concerns please contact my rooms on 52218490.