

Ear, Nose & Throat Victoria

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POST-OP INSTRUCTIONS FOR PATIENTS UNDERGOING INSERTION OF VENTILATION TUBES (GROMMETS)

Patients are generally able to go home within one to two hours following the procedure. Where the procedure is performed under local anaesthetic patients may usually go home immediately.

In some, but not all circumstances antibiotic ear drops will be prescribed for approximately 5 days.

Some pain or discomfort is to be expected in the ears over the first 24 hours requiring use of simple analgesics such as Panadol or Panadeine. If strong pain occurs which does not respond to these medications, please contact ENTV on 9895 0400.

Small amounts of blood may pass from the ear in the first 24 to 48 hours and this should not cause alarm. If there is any heavy bleeding please contact ENTV on 9895 0400.

Discharge from the ear may occur in the first few days following surgery, but will usually settle. If the discharge persists you should contact ENTV on 9895 0400 as antibiotic drops may be required.

It is recommended that the ears be kept free of water while the grommets are in place, especially when taking baths or using public pools.

Options for keeping ears dry include over-the-counter ear plugs, custom made ear plugs, (available from audiologists & hearing aid centres) or 'blu-tack'.

If water does enter the ears do not panic. Most often nothing will happen. However, if discharge develops, contact ENTV on 9895 0400.

A follow-up appointment will be made approximately 2 weeks following the surgery.

In urgent circumstances, if you are unable to reach ENTV, you should present to the emergency dept of Box Hill Hospital or St. Vincent's Hospital and contact our Box Hill rooms on 9895 0400 if during business hours 9 am to 5 pm. The hospital staff will then contact your surgeon.