

# Discharge Information: post Grommet(s) Removal



MEG

MELBOURNE ENT GROUP

**Dear Patient/Carer:**

**Please read this document carefully as it contains important information that complements the instructions given by your MEG ENT Specialist during your recent surgical admission.**

## **Medications:**

### **Pain Management:**

Pain is uncommon, and usually mild.

You may use common over-the-counter analgesics (e.g. **Paracetamol, Ibuprofen**) if required.

### **Antibiotics:**

Antibiotics are not routinely prescribed for this procedure.

If they are, use as directed.

## **Wound Care:**

- **Keeping the Operated Ear Dry.**
  - **You must keep your ear canal dry until further advice from your MEG ENT Specialist.**
  - After your **MEG ENT Specialist** removes any packing, (See below) you will be able to use cotton wool coated with Vaseline® / ear plugs / Blu-tac® / shower caps when showering or taking baths to avoid getting water in the ears.
  - Avoid swimming until your **MEG ENT Specialist** advises you it is safe to do so.
  - If you are able to return to swimming, using ear plugs (custom or disposable) is advisable.
    - Ear plugs can be bought from chemists and are of variable effectiveness
    - Ensure they are the ones for water exclusion (not the noise protection variety).
    - The best are custom made plugs, although they are more expensive – they are available from audiologists/hearing aid specialists.
  - Wash your hair carefully at a sink and keep your operated ear away from the water. You may then wash the rest of your body as usual (shower or bath)
  
- **Besides the ear water precaution, there is no other specific restriction following your surgery**

## **Diet:**

- No Restrictions

## **Return to Normal Activities:**

- No restrictions aside from water precautions

## **Attend your nearest Emergency Department or Local GP Clinic if.**

- You have increasing pain or ear discharge
- You have a persistent fever

### **On your Postoperative Appointment:**

- Your **MEG ENT Specialist** will perform an otoscopy to inspect the ear(s). You will need to arrange a hearing test prior to this 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(s) perforation may persist despite adequate care of the ear.
- Your **MEG ENT specialist** will explain further management options should this be the case.
- Strict **ear water precautions** must still be kept at all times.
- Please visit your local physician for otoscopy review every 4 months or earlier if you experience an ear infection or hearing loss.

***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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