

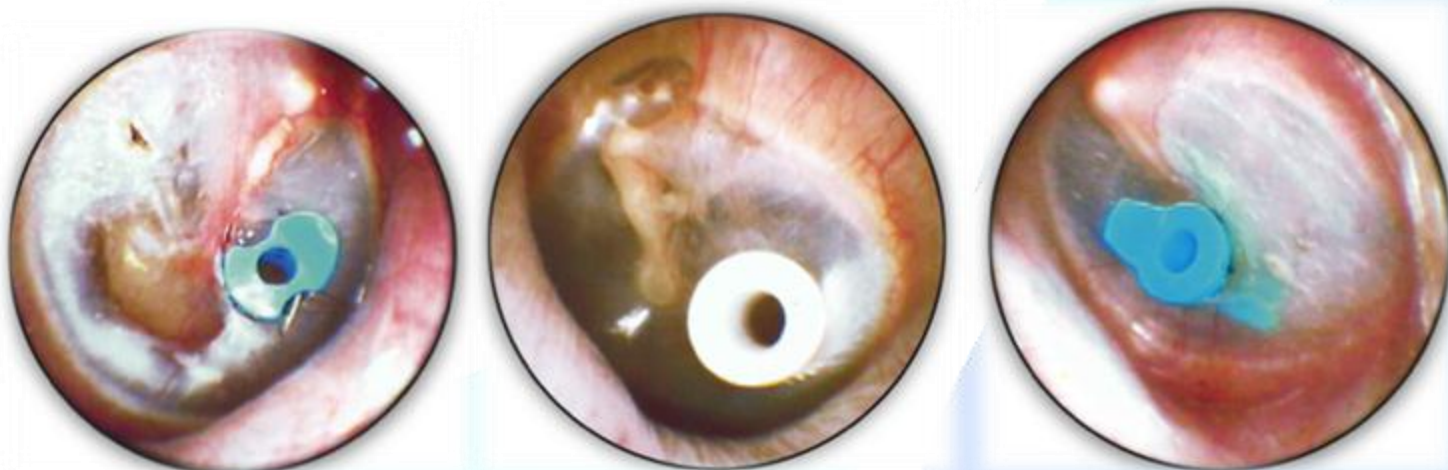
# Discharge Information: post insertion of Grommets / Ventilation Tubes



**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.**



Different types of Middle Ear Ventilation Tubes, sitting in ear drums (tympanic membrane)

## Medications:

### Pain Management:

- Most patients do not experience pain.
- Mild discomfort can be controlled with simple pain medication, such as common over-the-counter analgesics (e.g. **Paracetamol** or **Ibuprofen**).

### Antibiotics:

- We don't routinely prescribe antibiotics after this type of ear surgery.
- Your **MEG ENT specialist** will instruct you on the use of Antibiotic eardrops if required.

## Ear Care:

### Water Precautions:

- **N.B. Whilst the evidence of strict water precautions leading to fewer infections after grommet insertion is limited, and a number of guidelines around the world recommend *against* water precautions, we recommend you discuss the risks and benefits with your MEG surgeon.**
- If you and your MEG surgeon decide that water precautions are to be followed strictly then:
  - You must keep your ear(s) dry until the grommet(s) extrude.
  - If you do get water in the ear canal, it may enter the middle ear through the Grommet(s), and may result in an infected/discharging ear.
  - You must start the use of water-proof ear plugs (silicon plugs, blu-tac®) at the time of your routine shower or bath.
    - Ensure the Ear-plugs are for water exclusion (not the noise protection variety).

- After each use, please clean the plugs with water and soap and allow them to dry for the next use.
- Blu-tac® should be discarded after single use.
- In the case of small children:
  - it is useful to start the use of the plugs as a game, a few days before the surgery takes place, so they become used to the sensation of having the ear plugs during the bath/shower time.
  - It is often helpful to reinforce ear plugs for swimming with a cap or head-band.

## Return to normal activity

- You/or your child will require 1 – 2 days/weeks off work/school to allow a full recovery.
- You/or your child should avoid swimming pool activities/lessons until the postoperative appointment with your MEG ENT Specialist.
  - 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.

## Attend your nearest Emergency Department or Local GP Clinic if:

- You or your child experience ear infection (discharge), fever, or severe pain that doesn't respond to the prescribed analgaesics.
- Your MEG ENT specialist would be keen to provide advice to your doctor if required.

## On your Post-operative Appointment

- Your MEG Specialist will perform an otoscopy to inspect the grommet(s).
- You will need to arrange a **hearing test** prior to this review and ensure you bring a copy of the results on the day of your appointment.
- You may be discharged for ongoing GP follow-up after this.

## Grommets After care

### Bleeding:

- Bleeding occurs occasionally, especially when the grommets have been in position for some time. It is alarming but almost never serious.
- It is usually associated with infection and the formation of a small polyp of reactive granulation tissue at the site of the grommet.
- It needs treatment with Antibiotic ear drops (SEE BELOW) and often removal of the grommet.

### Discharge/Infection:

- Discharge from the ears occurs in probably 15-20% of patients with grommets, due to getting water in the ears or from an upper respiratory infection.
- It is not disastrous but should be treated.
- Often patients are treated for some time with oral antibiotics, unsuccessfully because the main organism is resistant to these.
- Most ear discharges respond to **antibiotic ear drops** of which **Ciloxan®** or **Ciproxin HC®** are the safest and most effective (needs doctor's prescription).

**Extrusion:**

- Your grommet(s) should extrude in 6-9 months after insertion.
- Please follow the water precautions advised by your MEG Specialist until then.
- Visit your local GP for ear examination & review every 4 months or earlier if you experience an ear infection or hearing loss.

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



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