

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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