

# **Myringotomy with Grommets**

## **After the Operation**

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### **Going home**

Children who have had their ears drained and Grommets fitted usually go home on the day of the operation.

### **Grommets**

Your child has had a tiny tube inserted into the eardrum to allow air to move in and out of the middle of the ear. This tube may stay in place until your next appointment or it may fall out before this.

### **Pain**

Your child may have sore ears after the operation. This should not last longer than a day or two. Paracetamol may be given regularly, following the instructions on the bottle.

Should your child have a high temperature, become unwell or continue to complain of sore ears, please contact your GP.

### **Ear care**

When you go home, you should keep your child's ears as dry as possible to lessen the chance of infection and encourage the ears to heal.

You should not wash your child's hair for seven days after the operation. When you do begin to wash it you should first plug your child's ears with cotton wool rolled in Vaseline. Continue this practice until your next hospital check-up.

Fluid coming from the ears is common following the operation. If this continues for longer than a few days, or if it becomes smelly or bloodstained, please contact your GP.

### **Play and school**

Your child should not go swimming for two weeks after the operation. When your child does start to swim again, for a further two weeks, cotton wool ear plugs must be worn and no diving or swimming underwater should be allowed until your child has been seen in clinic.

If your child is feeling well enough, he or she may return to school or nursery the day after surgery.

## Questions and problems

Should you have any problems in the first few days at home, please feel welcome to contact us at the number below. Remember, every child is different.

Your GP will be informed about your child's operation directly by letter. Please note that the operation your child has had does not mean that ear infections will never recur.

We hope this leaflet has been useful. Should you have any further questions please ask a member of staff before you leave.

Your consultant surgeon is \_\_\_\_\_

A follow-up appointment has/has not been arranged on \_\_\_\_\_  
at \_\_\_\_\_

Dear \_\_\_\_\_

Tell the person looking after you if:

- Your ears are sore
- Your ears feel wet
- You are worried about anything

You may notice that everything sounds very loud now if your ears were blocked before your operation.

Royal Hospital for Children and Young People  
50 Little France Crescent  
Edinburgh EH16 4TJ  
Tel.: **0131 536 1000**

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