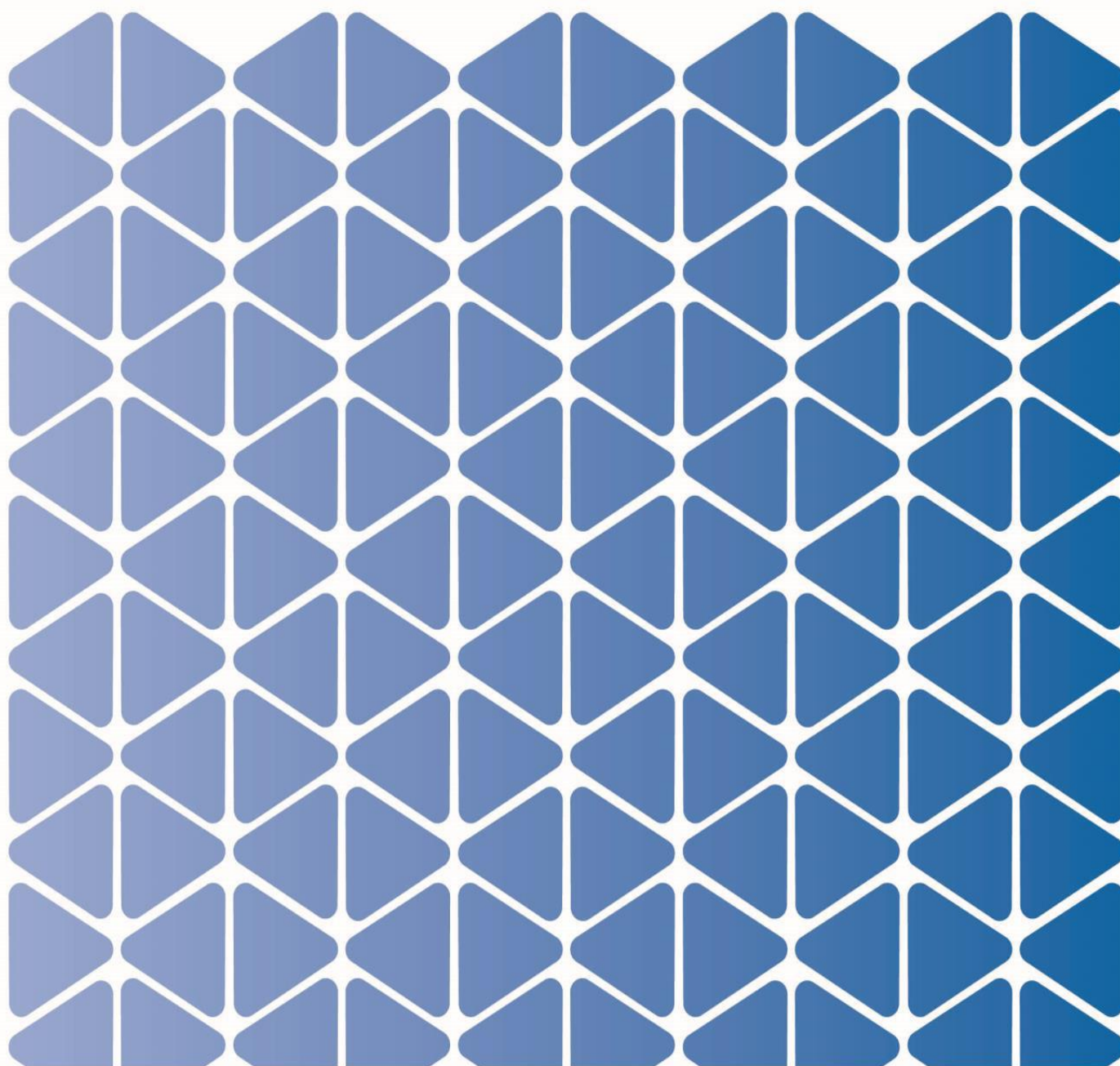


PATIENT INFORMATION**MYRINGOTOMY AND GROMMET
INSERTION: AFTERCARE**

Myringotomy and grommet insertion: aftercare

After surgery

Immediately after the surgery, there may be some clear- or blood-stained fluid that comes out of the ears for the first few days. Usually this is nothing to worry about, but should it persist, please contact either your GP, hospital ward or your ENT team.

Medication

We will sometimes give you ear drops to take for a couple of days after the surgery, usually to prevent the hole in the grommet getting blocked. We will inform you of this after the operation if this is the case.

School

Normally your child should be able to return to school 1- 2 days after the procedure.

Discharge from the ear

If your child starts with new discharge from the ear(s), then please seek advice from either your GP or the ENT team, as sometimes antibiotic drops need to be prescribed.

Swimming

We would suggest keeping the ears completely dry for the first two weeks after surgery. This can be in the form of cotton wool ball coated in Vaseline placed in the ear, earplugs/swim moulds, or a neoprene head band.

Provided we haven't informed you otherwise, then 2 weeks after the operation you should not have to take any special precautions and your child should be able to swim and bathe as normal, although we would advise avoiding getting dirty or soapy water in your child's ears.

We would avoid diving or swimming underwater at depth without water precautions though whilst the grommets are still in as this can sometimes alter the pressure in the ears, forcing water to go through the grommet into the middle ear.

Flying

It is extremely safe to fly whilst the grommets are in, so there is no need to avoid flying.

If you are unsure on any points, or wish to discuss things further, please don't hesitate to contact the secretary of your ENT surgeon via the hospital switchboard.

References

1. <https://www.ndcs.org.uk/information-and-support/childhood-deafness/causes-of-deafness/glue-ear/treat-glue-ear/#Grommets>
2. <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD010375.pub2/full>

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.