

GROMMETS - INFORMATION SHEET

BEFORE THE SURGERY

Reading materials

- Please read this information sheet and the Royal Australasian College of Surgeons' information sheet ("Treatment with grommets") so you understand the procedure, the benefits and risks associated with this procedure and the expected outcomes of surgery.

Fasting

- As you/your child will be fasting prior to surgery, it is important to drink plenty of fluids and have a good meal before the fast begins.

Accompanying children into the operating room

- One parent is permitted to accompany their child into the operating theatre until he/she is asleep. It is important to remain calm and positive since children can be affected by their parents' energy.
- You will then be escorted out of the theatre to a waiting area while I perform the operation and you will be contacted by phone as soon as your child is fully awake in recovery.

AFTER THE SURGERY

Recovery room

- If this process seems like it is taking longer than you expected, please do not worry – the experienced recovery nurses will often let your child doze and "sleep off" the anaesthetic until he/she is ready to wake up.
- Your child should not be in pain immediately after this type of surgery, although crying is normal as children can be disorientated and this is a new experience in an unfamiliar environment.

Drip (intravenous cannula)

- You/your child will wake up with a drip in one of your/their hands.
- The needle of the drip has been removed and what is left is simply a plastic tube to deliver further fluids or medications through this route - you can still move and use that hand gently.
- It will be removed by nursing staff before you are discharged from the hospital.

Diet

- There are no specific dietary restrictions following this surgery.
- Once the anaesthetic has worn off, your child can have their favourite foods and drinks, as tolerated.

Pain relief

- The insertion of grommets is not usually painful postoperatively.
- Panadol or Nurofen can be given as needed.

Expected recovery

- The recovery from grommets is usually very good and patients go home the same day.
- Your child can resume school/sport once the anaesthetic has worn off – a minimum of 24 hours is recommended.
- You may notice some clear fluid or blood-stained fluid leaking out the ears – especially on the day of surgery or the day after. This should not cause you to worry and can be gently wiped away with a tissue – do not use cotton buds.
- Some young children may hold their ears after surgery. This is usually not due to pain but rather due to an improvement in hearing where noises initially seem louder to them. This should settle as they adjust.
- Flying is permitted with grommets.

Keeping the ears dry

- Current evidence and guidelines state that children with grommets do NOT need to keep their ears dry when bathing or swimming in pools or the ocean. Dirty water (e.g. lakes) should be avoided.
- A small proportion of children may get discharging ears when exposed to water. These children will require a course of Ciloxan ear drops.
- If discharge from the ears following water exposure becomes a recurring problem then my recommendations are as follows:
 - If your child is having a bath or shower and you are not washing their hair, no ear plugs are necessary. If a few splashes of water get into the ears there is no need to be concerned.
 - If you are washing your child's hair, use ear plugs during the bath or shower.

- If your child is going to swim, use one of the following:
 - Ear plugs (e.g. soft silicone or putty) can be purchased at most pharmacies, or from my rooms in the CBD.
 - A swimming cap or band covering the ears (<http://www.littlegrommets.com> or <https://www.earjobs.com.au>).

Follow up

- I will let you know when you need to see me following the procedure – please contact my rooms to schedule this appointment.

If you have any questions or concerns, please do not hesitate to contact my rooms or contact me on brett@drbrettlevin.com.au. I look forward to making this a very positive experience for you/your child.