

**Day Case
Discharge Advice
Myringotomy and
Grommet Insertion**

Day Case Discharge Advice following Myringotomy and Grommet Insertion

If you have had a general anaesthetic today you should have a light diet and avoid fizzy drinks for the day to prevent sickness. You should go straight home from the hospital and rest for today and tomorrow.

Pain:

Grommets do not tend to be very painful. Simple painkillers such as paracetamol should be sufficient for the first few days.

Ear discharge:

A small amount of blood stained ear discharge is common in the first few days post-surgery. Should the discharge at any point post-surgery become smelly or be yellow/green in colour, then an infection is likely to be present. This will require a course of antibiotic ear drops from your GP in order to settle the infection.

Water precautions:

Following the surgery it is advisable that the ears are kept dry. This is due to the risk of water passing through the small hole in the grommet leading to infection. When in the bath or shower, place some cotton wool into the outer part of each ear canal and smear the outer surface of the cotton wool with Vaseline. This will help to keep the ear dry. If all is well at your first post-operative check, you will be able to go swimming. However, avoid diving or going under water. Keen swimmers should consider having made to measure ear swimming plugs (ask at your follow up appointment).

Return to daily activities:

You/your child can usually go back to work/school 3 days post-surgery. If you require a sick note, please ask the nursing staff prior to discharge. Grommets do not cause any problems with flying.

Follow up:

You should have a follow up appointment at around 6 to 8 weeks post-surgery. At this appointment your hearing levels and ears will be checked. If there are no issues or concerns at this stage, you will be discharged back to the care of your GP.

Your GP will need to check on your grommets 18 months post-surgery (with the exception of T tubes/ long lasting grommets). This is to check that your ears are healthy and that the grommets have extruded. Should your grommets still in the ear drum at this stage, removal is recommended by an ENT specialist.

EMERGENCY DISCHARGE INFORMATION

Before 18:00: Contact the Day Surgery Unit on 01633 234199 / 01633 234196

After 18:00/overnight (Adults): Contact your GP or Ward C0 on 01633 493926

After 1800/overnight (children): Ward C1 on 01633 493609.

In the event of an emergency, attend your closest Accident & Emergency department

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