

Instructions following insertion of a grommet

- ▶ A grommet is inserted into the ear drum. It is a ventilation tube. i.e., it allows entry of air into the middle ear to dry any fluid which collects. IT IS NOT A DRAINAGE TUBE.
- ▶ Notify Dr Kelly of any ear discharge that persists for more than a few days or your G.P. if Dr Kelly is not available.
- ▶ It is recommended that the patient is followed up by a visit to Dr Kelly every six (6) months until the grommet has extruded. Most grommets will extrude within nine (9) months.
- ▶ It is important to keep chemically treated water out of the ears i.e. chlorinated water, soap and shampoo water.
- ▶ To keep water out of the ears, use silicone putty (purchased at the chemist), or fitted ear plugs. For swimming a bathing cap is required to hold ear plugs in place.
- ▶ Children can play in paddle pools (unchlorinated); under sprinklers or on the beach and in the surf without ear protection.
- ▶ There is rarely any pain after grommets. Patients can resume normal activities the day after surgery.
- ▶ As grommets equalize middle ear pressure there is no discomfort at all during aircraft flights when the grommets are patent.