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## Post-operative Instruction Sheet - Grommets +/- Adenoidectomy (Child)

### Pain control post-operatively

- Following the insertion of ventilation tubes, the ears may be hyper-sensitive to loud noises for a few days.
- A small amount of clear discharge is common for the first few days.  
If there is a significant amount of infected fluid (yellow or foul smelling) within the middle ear use Ciloxan ear drops: 3 drops into each ear, 3 times a day, for 3 days
- Pain is very rarely a problem, simple analgesia such as paracetamol is all that will be required, if at all.

### Bleeding post-operatively

- A small amount of blood at the opening of the ear hole is normal, occasionally a small amount of bloody discharge will occur the first day

### Water Precautions

- Water Precautions will reduce the small risk of problems with infections.
  - Keep water out of the ear
  - When swimming or bathing, both ear plugs and a swimming cap, or a head band should be used. Blu-tac can be used as a plug.

### Follow-up

- You will be seen for a post-operative follow up visit approximately 4 weeks following the surgery, see below for time and date.
- If you have any issues, please contact the rooms during business hours. If you have an emergency outside of normal business hours please present to your nearest emergency department.