

Contact us information

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Mid North Coast
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Consulting

ENT Gosford
29 Hills St,
Gosford NSW 2250

Coast Sleep
18-20 Wiowera Road,
Kanwal, NSW 2259

Mayo Specialist Centre
Mayo Private Hospital
2 Potoroo Drive,
Taree NSW 2430

Operating

Gosford Private Hospital
Burrabil Ave, Gosford North NSW 2250

Tuggerah Lakes Private Hospital
645 Pacific Highway Kanwal NSW 2259

POST OPERATIVE INSTRUCTIONS

Middle Ear Ventilation Tubes (Grommets)

Return to normal activities

Grommets will often be performed as a day case. Most children are able to return to day-care or school once they have fully recovered from the anesthetic. This is usually the day following surgery.

Pain relief

Occasionally, children may have mild ear pain following surgery for up to 24hrs. This is usually well controlled with Paracetamol (Panadol) or Ibuprofen (Nurofen).

Antibiotics

Ciproxin antibiotic ear drops may be prescribed for 3 days. This will assist in keeping the tubes patent and help reduce any inflammation in the middle ear. Please apply 3 drops, 3 times a day to the grommet ear/ears, for 3 days.

Fluid from the Ear

It is not unusual for some minor blood or fluid to discharge from the ear immediately following surgery.

Water Precautions

Following insertion of grommets, excessive water entering the ear canal may travel through the grommet into to middle ear, potentially leading to ear infections.

Showering is not a problem, however, if bathing, please protect the ears by placing cotton wool coated in Vaseline into the entrance of the ear canal and dispose when complete.

Avoid swimming completely for 4 weeks following grommet surgery. Ear plugs and a swimming cap or head band should be worn at all times when swimming for as long as grommets are insitu.

Some children may have ongoing ear infections. If your child develops an infection, please contact the rooms for a review. Your child will then need to have their ears checked and cleaned by Dr. Gunawardena.

Follow Up appointment

Follow up appointment will be made and confirmed 2 days following surgery when our nurse contacts you.