



YORKHILL NHS TRUST

Day Surgery Unit

- Aftercare Guidelines

Insertion of Grommets

&

Myringotomy





.....

was operated on for myringotomy and insertion of grommets.

- He/she may feel some discomfort to begin with but this can be eased by giving pain relief tablets/syrup eg. paracetamol.
- Give a light diet on the day of surgery. Normal diet thereafter.
- The grommet will stay in place for up to 6 months or sometimes even longer, but if it falls out or you find it lying on the pillow do not worry about it.
- If there is fresh bleeding from the ear of if you are concerned in any way, please contact:

a **Day Surgery Unit - 0141 • 201 • 0108/9**
from 7.30am - 7.00pm, Monday - Friday.

b **Receiving Surgical Registrar - A&E Dept.**
0141 • 201 • 0078

- Your child will be given an appointment to return to the out-patient Clinic for review between 6 weeks and 3 months.
- He/She may return to School on the 2nd day after surgery.
- Plug ears with cotton wool and Vaseline before washing hair.
- Plug ears with cotton wool and Vaseline or use commercial ear plugs before swimming. **Swimming, however, is NOT recommended for 2 weeks after surgery.**