

POST OPERATIVE

CARE INSTRUCTIONS

FOLLOWING GROMMET SURGERY

These instructions will help ensure a smooth recovery and the best possible outcome for your child.

If you are concerned at any time, please contact our clinic or after-hours medical care.



THIS IS WHAT A GROMMET LOOKS LIKE

- Improved Hearing
- Reduced Ear Infections
- Better Sleep & Energy
- Support Development

WHAT TO EXPECT AFTER SURGERY

MILD EAR DISCHARGE	IMPROVED COMFORT	WATER PRECAUTIONS	NORMAL ACTIVITY	FOLLOW UP
It is common to have some earthy or slightly bloody discharge for a few days. This usually settles quickly and is normal.	Your child may have mild discomfort or earache for 1–2 days. Paracetamol or ibuprofen can be given as needed.	Avoid pool water in your child’s ears for 2 weeks. After that, water precautions are generally not required for most children.	Your child can return to school or childcare when they feel well.	A follow-up appointment will be arranged to check the grommets and ensure hearing is on track.

AT HOME CARE

PAIN RELIEF	EAR DROPS	KEEP EARS DRY	WATCH FOR SIGNS	WE ARE HERE TO HELP
Give paracetamol or ibuprofen as needed for pain or discomfort.	If prescribed, use ear drops as directed to help keep the ears clean and reduce the risk of infection.	Keep water out of your child’s ears for the first 2 weeks. Use ear plugs or a waterproof headband when in indoor public pools.	Contact us if your child has a high fever, severe ear pain, persistent discharge beyond a few days, or hearing worsens.	Our team is here to support you and your child’s recovery. Please contact us if you have any questions or concerns.



SAFE, GENTLE, SPECIALISED CARE
We care for children with kindness and expertise. Our ENT surgeons, anaesthetist’s and nursing staff are experienced in paediatric ear surgery and dedicated to the best outcomes.



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