

## Grommets

### Useful guidelines for your child's recovery at home

#### Diet and fluids

After beginning with a light diet following the anaesthetic, your child's intake should return to normal the next day.

#### Nausea and vomiting

Don't worry if your child vomits once or twice after the anaesthetic. If they vomit or feel sick, stop giving food for approximately one hour, then try again on a light diet. Most importantly, encourage plenty of fluids.

#### Activity

- Your child may resume their normal activities the day after surgery, e.g. kindergarten or school etc
- Avoid getting water into the ear
- Cover the ear with 'blu-tack' or cotton wool smeared with petroleum jelly if showering or washing hair
- Swimming is not permitted until after the review by your surgeon

#### Discharge from ears

- It is common for children to have a small amount of clear, pink or yellowish-brown drainage for two or three days after surgery
- Clean the outer ear with moistened cotton wool if needed

#### Discomfort

- Your child may experience pain in the ears. This is a referred pain from the throat and may be relieved with paracetamol.
- It is common for children to feel an increase in discomfort five to seven days after the operation, continue with pain relief as directed

#### Medications

- You can give your child paracetamol for one to two days if needed (ensure you follow correct dosage instructions for your child's age)
- Paracetamol can be given every four to six hours but no more than four times in a 24 hour period
- If ear drops have been prescribed, administer as directed
- If your surgeon has prescribed any other medication, administer as directed

#### Follow-up

Please contact your surgeon's rooms to organise a follow-up appointment, if you don't already have one.

#### When to contact your surgeon

Please contact your surgeon if your child has:

- A persistent temperature of 38.5°C or higher
- Strong pain unrelieved by regular pain relief
- Persistent discharge from the ear after three days

#### A note before you leave the hospital

Please report to the reception desk in the foyer of the hospital before leaving to finalise any administrative paperwork.

#### Questions

If you have any questions or concerns, please don't hesitate to contact your discharge ward on the number below.