

Following discharge from the ward for first 24 hours

Telephone:

Safari Day Unit, Lincoln	01522 573172
Rainforest Ward, Lincoln	01522 573178
Children's Ward, Boston	01205 445563

Or your General Practitioner

If you are concerned it is important your child is seen by a doctor or a nurse

Outpatients appointment

You will be advised before you leave the ward if the doctor needs to see you again.

All appointments are sent in the post.

References

If you require a full list of references for this leaflet please email patient.information@ulh.nhs.uk

The Trust endeavours to ensure that the information given here is accurate and impartial.



If you require this information in another language, large print, audio (CD or tape) or braille, please email the Patient Information team at patient.information@ulh.nhs.uk



Myringotomy and insertion of Grommets

Discharge Advice

Children's Services

Lincoln County Hospital
Pilgrim Hospital, Boston
Grantham Hospital
www.ulh.nhs.uk

What to expect following surgery

Your child will be given regular pain relief and encouraged to eat and drink as soon as possible after the operation. Your child needs to have passed urine after their operation. He/she will be allowed home at the discretion of the doctor or nurse. This is usually on the same day as the operation.

Pain control

Some pain relief may have been given before or during your child's operation. They may experience a little discomfort for the next 24 to 48 hours, so we advise regular Paracetamol/Calpol if required.

Please give according to the instructions

At home

Sometimes you will see discharge from the ears for a couple of days. This is normal, however, do not hesitate to contact us if you are worried.

We request that you keep the ears dry. As well as letting fluids out of the ear, the grommet can let fluids in. If this occurs, it can start an ear infection. Extra care is required when washing hair and bathing.

Grommets very rarely fall out soon after the operation. They usually last between 6 months and a year. Sometimes they need to be removed under a general anaesthetic, but quite rarely.

**Swimming is allowed
BUT**

**No jumping in
No diving
No swimming underwater**

This is recommended until advised by your doctor

