

Grommets – discharge advice

Pain relief

- Give either paracetamol (Panadol) or ibuprofen for pain if required, as per manufacturer's instructions.
- **Do not** give any medicine containing paracetamol more than four times in 24 hours.

Pain Relief	Next dose can be given at:
Paracetamol (Panadol)	
Ibuprofen (Nurofen)	
Other	

Directions

- After your grommets are implanted, there may be a small amount of clear or slightly bloodstained discharge from the ears for one or two days.
- Any excessive discharge, fresh bleeding or unpleasant smell coming from the ears should be checked by a doctor.
- The following water precautions should be observed while grommets are in place:
 - Use earplugs (silicone or cotton wool with petroleum jelly) for washing, bathing and showering. Made to measure ear plugs and ear wraps in different sizes are available.
 - While the grommets are in place, swimming should be on the surface of the water only. Do not put your head underwater without ear protection.

Medications

When you leave hospital you may be given ear drops. The correct technique for administering drops will be shown by nursing staff.

Contact details

If you have any concerns after your child's discharge from hospital, please phone 6456 2222 and ask for the Surgical Short Stay Unit between 7am and 9pm, Monday to Friday. After these hours ask for Ward 4B, contact your GP or the GP after hours service on 1300 000 362.

This document can be made available in alternative formats on request for a person with a disability.

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Child and Adolescent Health Service

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