

Information leaflet for parents/carers

# Myringotomy and Insertion of Grommets Discharge Advice



This leaflet gives you information about your child care at home after a Myringotomy and insertion of grommets.

It is important that this leaflet is read together with the patient information leaflet "Going home after surgery." Please make sure you have been given a copy by the nursing staff on the ward.

## **Myringotomy and insertion of grommets**

Your child has had a Myringotomy and insertion of grommets, which is a small cut in the eardrum, and the placement of a small plastic tube(s) in the eardrum.

### **What if my child has pain?**

Your child may complain of earache following this operation. This is normal, but should not last long. In hospital the nurses will give Paracetamol if your child needs painkillers. You should continue with this at home if your child has any pain. Please follow the instructions carefully and do not give your child more than the stated dose.

### **What do I need to do with the wound?**

Children with grommets in place sometimes develop a runny ear. You may see some discharge from the ear for a day or two after the operation. This can be cleaned from the outside of the ear with a clean tissue. If it continues for longer than 48 hours, your child may need some eardrops and you should contact your GP (family doctor).

### **What about washing and bathing?**

It is important to keep your child's ear as dry as possible. When washing your child's hair, place either some earplugs or a small piece of cotton wool smeared with Vaseline® in your child's ear to stop any water from entering into the ear canal when showering or bathing.

## What about school, rest and play?

Your child can be up and about as normal and can return to school/nursery as soon as they feel ready, usually 24 to 48 hours afterwards.

Your child can go swimming but must not dive or swim underwater. There may be some pain caused when water goes into the ears in which case earplugs may help.

When your child has grommets they should experience no problems with travelling on an aeroplane.

## What about washing and bathing?

All children will be reviewed in the Audiology and ENT department until their ear problems have settled.

## What do I need to look out for?

If you notice any of the following symptoms please contact the ward from which your child was discharged for further advice. Contact details are on the back of this information leaflet.

- High temperature
- Not eating
- Not drinking
- Persistent vomiting
- Swelling to the wound area
- Discharge/wetness from the wound area

**If you notice any of the symptoms listed below please seek urgent medical help; dial 999 or take your child to the nearest Emergency Department.**

- Severe lethargy/unresponsiveness/floppy child
- Irregular breathing pattern or difficulty in breathing
- Bleeding
- Increased pain
- Unsettled/irritability
- High temperature with cold to touch hands and/or feet
- Shaking generally to the body and limbs.

## Further Information

This information leaflet was produced using the latest evidence available and is based upon current practice. Further details are available upon request.

If you are concerned, need any more information or have any questions about your child when you get home please contact the ward from which your child was discharged, GP (family doctor) or your nearest Emergency Department.

Ward: .....

Telephone: .....

This leaflet has been produced by Ward 5 and the ENT Department at Birmingham Children's Hospital.

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