

**Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

**Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King’s Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET\\_n@nhs.net](mailto:sfh-tr.PET_n@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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**INFORMATION FOR PATIENTS, PARENTS, GUARDIANS AND CARERS**

**Discharge advice**  
**Grommets**



## Pain and discomfort

Grommet insertion should only cause mild discomfort – to help relieve your child's pain, paracetamol and ibuprofen can be given. Please follow the instructions on the medicine bottle or packet.

Your child or young person last had pain relief at:

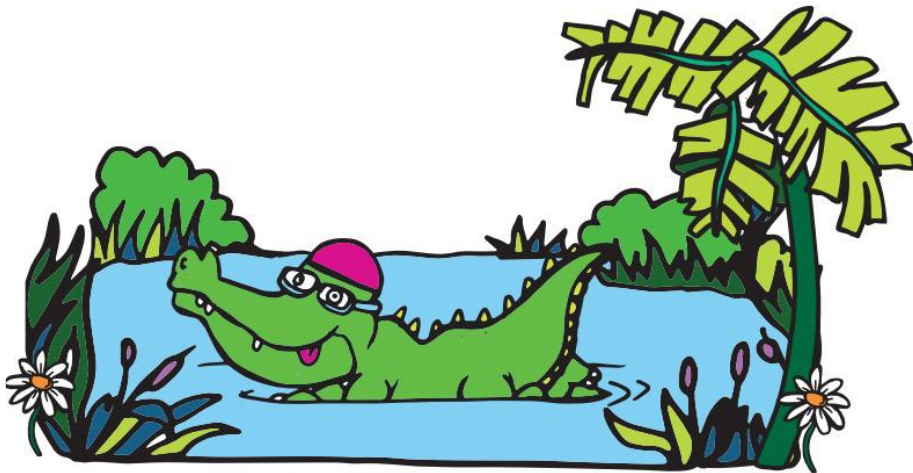
Paracetamol: .....

Ibuprofen: .....

## School and returning to usual activities

Your child can return to nursery or school 24 hours after the operation. However, your child may want to rest for longer.

Other than swimming, your child should be able to return to usual activities after 1-2 days.



## In the event of leaking or bleeding from the ear

You might see some clear fluid, or fluid mixed with blood in the ear for 1- 2 days after your child's operation. You can clean your child's outer ear, but not the inner ear. Seek medical advice if your child's ear is still leaking after 2 days or if you are concerned.

## Having a bath or shower

Your child should keep their ears dry for the first 3 days following their operation. You can apply cotton wool covered with Vaseline onto your child's outer ear to protect the ear while bathing. Do not put the cotton wool into the ear canal as this will be difficult to remove.

## Swimming

Your child cannot swim for 10 days after the insertion of grommets. Occasionally, grommets can cause infection or pain when swimming. If this happens it is recommended that ear plugs and/or a swimming cap be used.

