

### 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



Outstanding Care,  
Compassionate People,  
Healthier Communities

**Pain and discomfort**

Grommet insertion should only cause mild discomfort. Simple paracetamol and ibuprofen can be used.

Your child or young person last had pain relief at:

Paracetamol .....

Ibuprofen .....

**School**

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



**Having a bath or shower**

A child or young person should keep their ears dry for the first three days following their operation. You can plug a child or young person's ears with cotton wool covered with Vaseline to protect the ear while bathing.

**Swimming**

Your child or young person cannot swim for four weeks 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.

