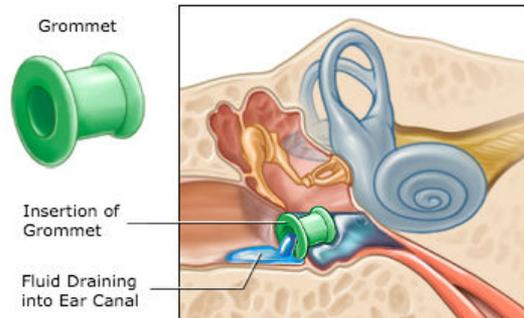


Ventilating tubes (Grommets)

What is a Ventilating Tube?

A Ventilating tube (sometimes called a grommet), is a small plastic tube put into one or both ear drums to allow air into the middle ear. The grommet/s in time will fall out and the ear drum/s will heal.



<https://www.earnosethroat.com.au/children-otolaryngology/grommets-in-children/>

After Surgery

Length of Hospital Stay

Your child will need to stay in the Paediatric Day Surgery Unit for at least one hour after the surgery.

At home

Activity

Your child should reduce their activities for the next 24 hours and have an adult with them while they fully recover from the surgery

Your child will be able to return to child care / school / kindergarten the following day.

Nausea and vomiting

Do not be worried if your child vomits once or twice after leaving hospital.

If they vomit or feel sick, stop giving food for about an hour. Then try a light diet like toast, and give more as your child can manage without feeling sick.

If your child keeps vomiting, please seek medical attention by either calling your child's surgeon or your nearest emergency department.

Water Precautions

It is important to keep the ear/s dry and stop water from getting into the grommet/s. Water can pass through the grommet into the ear in two ways:

1. When the water is soapy as it is more slippery and can pass easily
2. High water pressure.



Bathing

Soap and shampoo can be irritating and bath water can become dirty (lots of germs) easily. It is important that your child does not put their head under water.

To protect the ears from bath water use either;

- cotton wool smeared in Vaseline and put into the opening of the ear canal. Throw away the wet cotton wool after the bath.
- ear plugs (purchased at the chemist) placed into the opening of the ear.

You should do this every bath time until the grommets have fallen out and the ear drums have healed.

Swimming

It is best that swimming is avoided until your child's follow up appointment.

After a few weeks, surface swimming in the sea or in a swimming pool is usually safe with water protection. Swimming in lakes/rivers should be avoided as the water is dirty and may cause infection.

Water protection for swimming includes ear plugs and a swimming cap (can be purchased at most sports stores). **DO NOT** place anything else such as Blu-Tak into the ear for protection unless told to do so by the surgeon

Diving into deep water is to be avoided as the pressure can force water through the grommet into the middle ear.

If your child has pain or discharge from the ear after swimming, contact your doctor.

Follow up

All Day Surgery patients will get a follow up phone call from a nurse the day after they go home. This is to ask about how your child is after their surgery, and answer any questions you may have. You can also provide us with any feedback about your child's stay at the Women's and Children's Hospital (WCH).

Contacts

If you have any concerns after your child's discharge please telephone your private consultant, local doctor, or the Women's and Children's Hospital

During office hours Monday to Friday, you can call the following wards at the Women's and Children's Hospital:

> Day Surgery on (08) 8161 7448

> Campbell Ward on (08) 8161 7232

After hours enquiries - call the Women's and Children's Hospital switchboard on (08) 8161 7000 and ask to speak with the Ears Nose and Throat Registrar on call:

In an emergency situation, call an ambulance or take your child to the nearest doctor or hospital.

For more information

Paediatric Surgical Ambulatory Service
Women's and Children's Hospital
72 King William Road
North Adelaide SA 5006
Telephone: (08) 8161 7000
www.wch.sa.gov.au

Non-English speaking: for information in languages other than English, call the interpreting and Translating Centre and ask them to call Department of Health. This service is available at no cost to you, contact (08) 8226 1990.

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