

Guidelines after the insertion of grommets

Washing and showering

Your child's ear can look a bit bloody. If necessary, you may clean the auricle (outer ear) with a wet washcloth, but do not use Q-tips or cotton swabs in the auditory canal! Your child may take a shower, but make sure that the shower head is not aimed at the ears. It is allowed to take a bath but do not let your child put his head under water. Be careful with soap, shampoo and bubble bath; they can clog up the grommets. If you wash your child's hair, be sure to protect the ears by placing a cotton ball with Vaseline in them.

Do not blow

For two weeks after the grommets have been inserted, your child may not play a wind instrument, blow up balloons or undertake any other activities which require blowing.

Pain

Give your child painkillers (Paracetamol) as prescribed or following the guidelines below for the first three days. This also promotes the wound healing process.



Under no conditions should you give Aspirine or Chefarine.

Recovery period

Your child may go outside as usual and eat and drink what he/she wants. Your child will need some time to recover.

You are most qualified to judge how fast your child is recovering and what he can and cannot do. In principle, your child may not go swimming for the first two weeks after the procedure, or as decided by your doctor.

Complications

If the ear continues to 'run' for more than three days, contact the ENT specialist. He will then generally prescribe antibiotics.

Check-up

The check-up by the ENT specialist will be done after approximately 6-8 weken. It is up to you to call for an appointment yourself. The ENT specialists can be reached via 020 - 755 7029.

Questions and problems

The Paediatric daycare can be reached during the day via telephone number: 020 - 755 7116.

In the evening and at night, the hospital can be contacted via 020 - 755 7000. Ask for the head nurse on duty.