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**The Lister Hospital**  
**020 7730 7733**

**The London Clinic**  
**020 7935 4444**

**Harley Street Clinic**  
**020 7935 7700**

**The Portland Hospital**  
**020 7580 4400**

**INFORMATION FOR PATIENTS ON HOSPITAL DISCHARGE**  
**Grommets (and Adenoids)**

**Grommets**

- ◆ **Discharge home** Usually the surgery will have been done as a *day case*; you will be discharged about 6 hours post-operatively. After Grommet surgery only, your child can go back to school very soon, possibly the next day. If he/she seems a little under the weather, arrange a few days sick leave from school.
- ◆ **Keep Ears Dry** Please Keep your child's ear canals **dry** especially for the first 2 weeks. To stop water getting down the ears, use an ear plug or make one from a small ball of cotton wool wiped with Vaseline, and place in each ear, before bathing or showering. Do not dip the whole head under water. **Do not go swimming** for at least two weeks, and ideally not until Mr Morrison has checked the grommet at the first post-operative clinic appointment.
- ◆ **Ear Drops** If ear drops have been prescribed, run in a few drops twice a day for 4- 5 days only, in each ear.
- ◆ **Ear Discharge** The ears might be a little moist with a blood stained appearance for a few days. This is all right. If there is any continued bloody, watery or sticky discharge, (which dries on the face or stains the pillow) however, there may be an infection. You should contact Mr Morrison's office for advice. Antibiotics and / or ear drops may be required.
- ◆ **Pain Relief** Simple Calpol (Paracetamol) at the recommended dose is usually sufficient. It is not likely to be needed for more than a few doses.

**Adenoids (if removed)**

- ◆ **Bleeding** There is a very small chance of the nose or throat bleeding, from the time of discharge until the adenoid bed has healed, which takes about 10-14 days. If your child bleeds from the nose or mouth or vomits blood you should contact Mr Morrison urgently, or go to the nearest A&E Department. Re-admission to hospital may be required.
- ◆ **Pain** There can be stiffness and pain in the neck after adenoids have been removed. Usually simple pain killers such as Calpol (Paracetamol) or Ibuprofen syrup, in the recommended doses, will be enough to relieve the discomfort. . Ibuprofen (Nurofen) or Voltarol should be avoided in certain children with asthma as they can make it worse. If your child has asthma and has never had these anti-inflammatories, therefore, you must give it with caution or not at all. It will settle after about a week.
- ◆ **Infection** If your child has a persistent raised temperature or smelly breath, there may be an infection. You should get a course of antibiotics from your GP, unless these have already been given.
- ◆ **School** Your child should be **kept off school** for 1-2 weeks following the operation. *Keep him or her away from large parties or strenuous sports and swimming for the first two weeks.*
- ◆ **Emergencies:** If you need to contact Mr Morrison for general advice or in an emergency firstly please try the office telephone number **020 7487 4446**. If you need to contact Mr Morrison out of hours please ring the Hospital and Ward where you were staying. The Nurses will be able to get a message to Mr Morrison so that he can advise. If Mr Morrison is going to be away, he will usually have suggested an ENT Consultant Colleague who might cover.
- ◆ Finally, NHS emergency care is available from the ENT Specialist Registrar on call at Guy's & St Thomas' Hospitals, or from your nearest NHS Hospital with an ENT Department.