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The London Clinic
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Harley Street Clinic
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The Portland Hospital
020 7580 4400

The Lister Hospital
020 7730 7733

INFORMATION FOR PATIENTS ON HOSPITAL DISCHARGE
GROMMETS or T-TUBE

- ◆ Usually the surgery will have been done as a day case; the patient will be discharged about 6 hours post-operatively.
- ◆ **Keep Ears Dry** Please keep the 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 Paracetamol (Calpol for children) at the recommended dose is usually sufficient. It is not likely to be needed for more than a few doses.
- ◆ **School or Work** After Grommet surgery only, you/your child can go back to school/ work very soon, usually the next day. If you/he/she seems a little under the weather, arrange a few days sick leave from school/work.
- ◆ **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 there is no response on the above number and you need to contact Mr Morrison out of hours please telephone the Hospital and Ward where you were staying. The Nurses will be able to get a message to Mr Morrison at home or on his mobile phone 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.