



Grommets

Prior to any surgery it is important that necessary precautions are taken to the risk of operative bleeding as well as general anaesthesia. Following are some important pre operative instructions.

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- 1) If you or any blood relatives have tendency to bleed or bruise excessively, please notify the surgeon.
- 2) Disclose all medical illness to the surgeon and the anaesthetist. By doing so the doctors are able to determine your anaesthetic risk, and do appropriate pre operative investigations and optimise your medical treatment. If there is a need your surgeon may get other appropriate specialists involved for the pre operative work up.
- 3) If you are a smoker, you must stop smoking for up to two weeks prior to surgery. If you have addiction to pain killers ,opiates, any pain syndrome or drug addiction please inform your surgeon.
- 4) If you take blood-thinning medications such as Warfarin, Aspirin or Newer anti platelet medications, these need to be disclosed to the surgeon. The surgeon will ask you stop these for 10 days if it is safe to do so, after consultation with your physician. He may cancel surgery if the risk of stopping such medications is too high.
- 5) There is potential of certain dietary supplements, including garlic, Ginkgo biloba, ginger, ginseng, glucosamine fish oil, and vitamin E, to interfere with haemostasis. These and any other supplements should also be stopped well in advance.
- 6) Practical matters: Organise sufficient assistance at home.
- 7) If you become unwell or pregnant prior to surgery, please inform the surgeon and the hospital.
- 8) if you are a parent you MUST remain in the SURGERY UNIT at all times. Bring a snack or a friend if that helps.



Grommets: Post Operative Instructions

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Note: You must have a current hearing test. This must have been given to the surgeon/ brought on the day of surgery to show the surgeon.

KEEPING DRY

Ensure that dirty water do not enter the ears after grommet insertion. You may use a ball of blue tac or ear putty with a head band on top (do not push blue tac in to the ear canal), or custom made silicone ear plugs made by your audiologist. Avoid bath water or dirty soapy water.

EAR DROPS

After surgery use ciproxin drops; 6 drops three times per day for three to seven days These are the only medicated drops confirmed to be safe in the ears after grommets insertion.

DISCHARGE

if there is any discharge notify your surgeon. You will require topical drops as the first line of treatment.

FOLLOWUP

Surgeon will see you six weeks after surgery-with a post operative hearing test. Thereafter you should see your Doctor twice a year.

Grommets: Consent For Your Surgery





Informed consent is a process of finding out information about the recommended treatment, alternative options and weighing up the benefits and risks involved. However it is not an exhaustive list of every single possible complication.

Consent Covers

- The diagnosis and likely outcome (prognosis) of your condition
- An explanation of the recommended treatment
- The risks of the procedure and common side effects
- Possible complications
- Specific details of the treatment; for example, where it will be performed and who will perform it
- Any other options for treatment and their probability of success.

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You would also be provided with an official handout about surgery, which you will be required to read and understand. If you have any specific matters which you like to further discuss you are requested to contact the surgeon and make another appointment prior to surgery. You have the right to cancel surgery if you wish to do so.

Summary of the risks and complications of grommets which your surgeon has discussed with you include the following

- 1) Pain
- 2) Infection-discharge from the ear
- 3) Bleeding-from the ear/ blockage
- 4) Early extrusion
- 5) Not extruding
- 6) Hole or a Perforation which may need repair
- 7) Scarring
- 8) Need for more surgery
- 9) Displacement, rarely falling in
- 10) Any ear surgery carries a very small risk of damage to hearing
- 11) Very rarely elderly patients with fluid may be due to brain fluid(CSF) leak to the ear-(explained associated concerns)





Grommets: Checklist

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YOU HAVE RECEIVED THE FOLLOWING CLINICAL INFORMATION

- 1) Surgical Information Pack - Pre Op, Post Op and Consent
- 2) Multimedia video clip
- 3) Hospital Admissions Form (online)
- 4) Quotes, Anaesthetic Services Fee and Booking Form
Patient to complete and return to Anaesthetic Service
- 5) Confirm Theatre Admission with the selected Hospital
- 6) Information about the process on the day
- 7) Patient to contact the surgeon if you have any further questions,
after reading through all of the information.

