

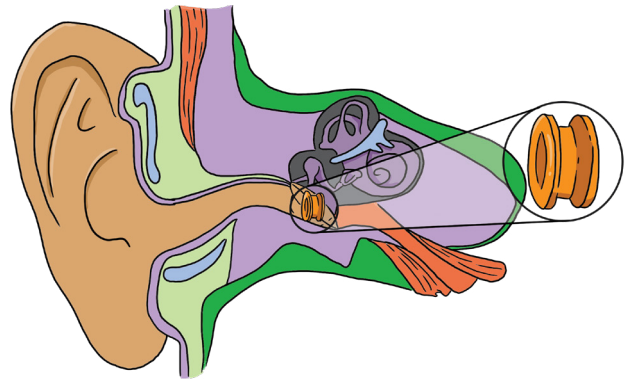


Keeping our mob healthy

Discharge advice

Grommets

It is normal to see some clear fluid or blood coming from bub's ears 1 or 2 days after the grommets are put in, it should go away after 2 days.



Pain relief

If bub is in pain, give paracetamol (Panadol) or ibuprofen (Nurofen)



Paracetamol (Panadol)

Given at: _____

Next dose at: _____

No more than 4 times in 1 day

See packet instructions



Ibuprofen (Nurofen)

Given at: _____

Next dose at: _____

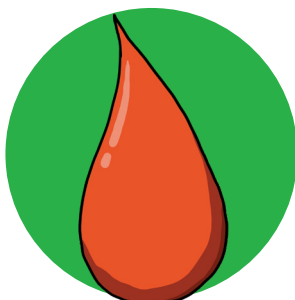
No more than 3 times in 1 day

See packet instructions



You may be given ear drops when you leave the hospital, the nurse will show you how to use the drops.

When to see your GP or health clinic:



If there is fresh blood or a lot of bleeding.

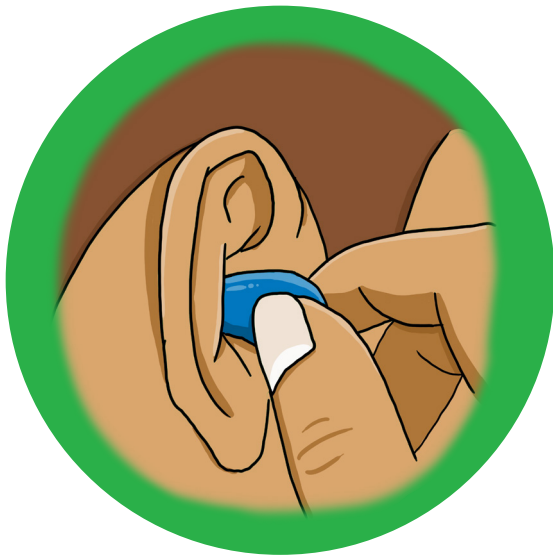


The area on bub's hand where the IV line was put in, is red, swollen or painful.



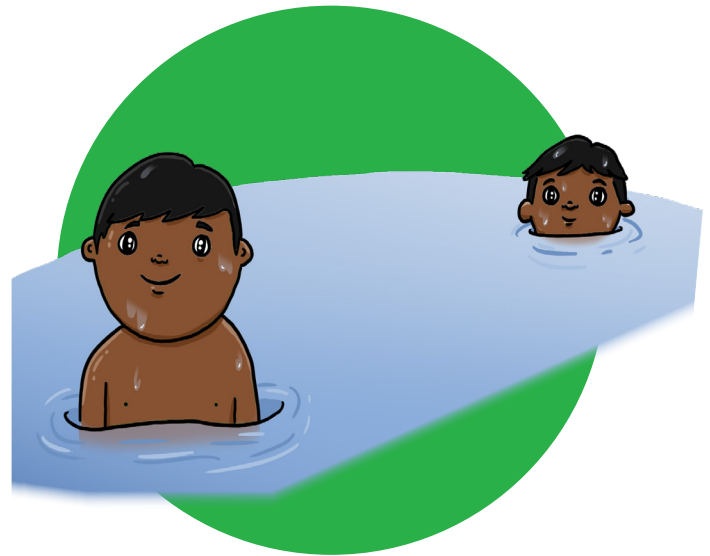
Smell coming from the ears.

While grommets are in:



Keep ears dry

Buy ear plugs from the chemist or use cotton wool with vaseline as ear plugs when bub has a bath or shower.



Keep head above the water

If swimming bub must not put their head underwater without ear protection.

If you have any concerns or worries after having the grommets put in see your GP or health clinic or **call 6456 2222** and ask for the Surgical Short Stay Unit - between Monday to Friday 7am and 9pm, after these hours ask for Ward 4B.

If you have forgotten your **appointment detail** or need to cancel or change your appointment, call **Outpatient on 1300 855 275**.



Government of **Western Australia**
Child and Adolescent Health Service

Child and Adolescent Health Service

15 Hospital Avenue, Nedlands, WA, 6009.

Telephone: (08) 6456 2222

Produced by: Surgical Short Stay Unit / Social Work

Ref: 129.1 © CAHS 2021

This document can be made available in alternative formats on request for a person with a disability.

Disclaimer: This publication is for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

© State of Western Australia, Child and Adolescent Health Service.