

After-care advice after the placement of ear tubes (grommets)

- If the procedure took place under general anesthesia, eat easily digestible food on the day of the procedure.
- Showering (and washing hair) is permitted the day after the operation, but with fatty cotton bolls in the ears.
- No water may enter the ear for the first 2 weeks.
- No soap may enter the ear as long as you have ear tubes.
- Swimming (diving till 2 meters), is permitted after 2 weeks.
- Fluid may come out of the ear during the first week.
- If there is dirt or fluid in the ear, only clean the outer ear. Do **not** use cotton buds.
- For drainage from the ears that lasts longer than 1 week, contact the ENT outpatient clinic.
- If you no longer have any complaints the day after the operation, you may go outside again and resume your normal activities.
- For the first 3 days after the operation, take the medication that you received from the hospital. After this, you may take 2 tablets of paracetamol (500 mg) 3 to 4 times a day. The following applies to **children**: use paracetamol according to agreement.
- After approximately 8 weeks, your child will have a follow-up appointment at the outpatient clinic. You will receive an email at a later time to schedule the appointment yourself.

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Contact us in the case of:

- increasing pain symptoms that do not decrease after taking pain relief;
- a constant temperature above 38.5 °C;
- a heavily bleeding ear;
- drainage from the ear lasting longer than 1 week.

De informatie in deze folder is van algemene aard en is bedoeld om u een beeld te geven van de zorg en voorlichting die u kunt verwachten. In uw situatie kunnen andere adviezen of procedures van toepassing zijn. Deze folder is dan ook slechts een aanvulling op de specifieke (mondelinge) voorlichting van uw specialist of behandelaar.

If you have any questions:

- On the day of admission you can contact the Day Treatment: 040 - 888 9280.
- Between 19.00 and 08.30 hours you can contact the Emergency Department: 040 - 888 8811.
- After the day of admission, please contact the outpatient clinic: ENT: 040 - 888 56 70.