

# **PATIENT INFORMATION**

## **Advice Following Grommets**

**Children's Unit**



## **GOING HOME**

You must NOT take your child home on public transport.

If your child did not sleep on the ward, he/she may sleep longer than usual the first night home.

If your child is sick more than once, DO NOT give them anything to eat or drink for 1 hour. Start clear fluids and then cereal and toast. If vomiting continues, go straight to the Accident & Emergency Department.

Fizzy drinks and fatty foods are not recommended.

## **THE FIRST FEW DAYS**

There may be a small amount of discharge from the ears for 1-2 days. This is normal. Do not clean the ears with cotton wool buds.

Calpol can be given if necessary.

For the first 2 weeks, put a small piece of cotton wool covered in Vaseline in the outer ear when washing hair.

## **SWIMMING**

Your child is not allowed to go swimming for 2 weeks following the operation.

Jumping in and diving is not recommended as this will force water down into the ear canal.

Wearing a swimming hat or using cotton wool covered in Vaseline will help to prevent water getting in the ears.

## **GOING TO SCHOOL**

You should not send your child to school or play group on the day following the operation. This is to allow him/her to recover from the anaesthetic. He/she may feel a little tired.

## **FOLLOWING A GENERAL ANAESTHETIC**

A responsible adult should stay with the child for the next 24 hours.

Do not allow your child to cycle, go on busy roads or to playgrounds unaccompanied for the next 24 hours. Anaesthetic can affect balance and judgement.

If your child develops fresh bleeding from the ear or pain occurs for more than two days, you should bring him/her back to the Casualty Department.

If your child develops a cough, cold or high temperature, contact your General Practitioner.

If you have any other worries/concerns, please contact:

The Children's Ward, ext 656393/656912

**IN AN EMERGENCY GO TO**  
**Children's Accident & Emergency Department,**  
**Ormskirk**

**Or**

**Alder Hey Children's Hospital, Accident & Emergency  
Department, Liverpool**

**PLEASE NOTE, INPATIENT CARE FOR  
COMPLICATIONS WILL BE VIA TRANSFER TO ALDER  
HEY CHILDRENS' HOSPITAL**

**During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department Sister/Charge Nurse if you have any questions or concerns.**

## **MATRON**

A Matron is also available during the hours of 9.00 to 5.00 pm Monday to Friday. During these periods, ward/department staff can contact Matron to arrange to meet with you. Out of hours, a Senior Nurse can be contacted via the ward/department to deal with any concerns you may have.

## **INFECTION CONTROL REQUEST**

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

## **SPECIAL INSTRUCTIONS**

### **ANY CONDITION SPECIFIC DANGER SIGNALS TO LOOK OUT FOR:**

In the event of excessive bleeding and/or pain, please contact the numbers given.

### **CONTACT INFORMATION IF YOU ARE WORRIED ABOUT YOUR CONDITION**

Your own GP –

Children's Ward, ODGH (01695) 656912

Children's A&E Dept, ODGH (01695) 656674

### **OTHER USEFUL TELEPHONE NUMBERS/CONTACTS:**

NHS 111

Stop Smoking Helpline (Sefton) - 0300 100 1000

Stop Smoking Helpline (West Lancashire) - 0800 328 6297

**Please call 01704 704714 if you need  
this leaflet in an alternative format**

**Southport and Ormskirk Hospital NHS Trust**

Ormskirk & District General Hospital  
Wigan Road, Ormskirk, L39 2AZ  
Tel: (01695) 577111

Southport & Formby District General Hospital  
Town Lane, Kew, Southport, PR8 6PN  
Tel: (01704) 547471

**FOR APPOINTMENTS**

Telephone (01695) 656680  
Email [soh-tr.appointments@nhs.net](mailto:soh-tr.appointments@nhs.net)

Please remember to complete the **attached Friends and Family Test**.

Alternatively, you can complete the *Friends and Family Test* on-line by going to:  
[southportandormskirk.nhs.uk/FFT](http://southportandormskirk.nhs.uk/FFT)  
**Thank you**

Owner: Amanda Collinson

Ref: 09/34

Version: 6

Reviewed: May 2022

Next Review: May 2025