

POST OP INSTRUCTIONS FOR PATIENTS

MYRINGOTOMY & GROMMET

1. Do not allow water to enter into your Ear. Use a Ear plug or a cotton ball with Vaseline smeared on one side and plug the ear during bath.
2. Do not use Ear buds to clean your Ear.
3. If you get a cold, you can have ear discharge from the Ear in which the Grommet is placed so medication during a cold is must
4. The average period for which a Grommet will remain is 6 months.