

## Dr James Deves

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Ear, Nose and Throat Specialist  
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## MYRINGOTOMIES AND TUBES

The main reason for ventilation tubes (“grommets”), is poor functioning Eustachian tubes, due genetic causes or to viral “head colds”. Sometimes adenoids can also contribute to these problems. The tubes are designed to allow air into the middle ear. While in place, the grommets will help restore hearing to normal levels and prevent significant earache. It is also hoped that a child’s own Eustachian tubes will develop to a point where the grommets are no longer necessary. This surgery is normally a day only procedure, but an overnight stay may be required if combined with other operations.

### POST OPERATIVE CARE

Precautions must be taken to prevent water entering the ears, or infection may occur. While swimming or bathing some ear protection must be worn. Any of the following are suitable (you may need to experiment to see which best suits your child):

1. Cotton wool smeared with Vaseline.
2. Balls of blu-tac.
3. Balls of silicone ear putty
4. Docs proplugs (older children or adults)

A tight silicone swimming cap or “ear wrap” should also be worn while swimming. A “baby shampoo hat” will make hair washing less trouble (available at swimming centres or chemists).

Occasionally a low-grade infection will develop causing mucous and/or pus to discharge from the ear canal. If this occurs during the 6 week period after surgery, contact the rooms for advice. After this period see your GP for treatment as antibiotics may be required.

The tubes are designed to stay in the eardrum for about 9 months, but this will vary between patients. Eventually, the ears will reject the tubes. They may come out without patients being aware or may lodge themselves in the ear canal and be difficult to see. Some patients may need more than one set of grommets as they grow until their own tubes are properly developed. Follow up appointments are important in order to check the status of the tubes and ears.

*If you experience excessive pain, discharge, bleeding from the ear, or any other symptoms that concern you, please contact the rooms during business hours (02 4324 5677). After hours, please contact the hospital where you had your surgery (NGPH 02 4324 7111 or BVPH 02 4389 1970) and talk with the staff as they can contact Dr. Deves if there are any problems.*

We wish you a speedy recovery.