



Mr. Adnan Safdar MBBS. FRCS., FRACS (ORL-HNS)

DISCHARGE INSTRUCTIONS

GROMMETS/ EXAMINATION OF EARS UNDER ANAESTHETIC

Before leaving the Day Ward make sure that you have:

- Instructions – what to do after surgery
 - Medications (or prescriptions for them)
 - An appointment to see your Doctor
 - Medical certificate (if required)
 - A summary of your hospital stay
 - Your own private scans/x-rays
 - A responsible adult to accompany you home
- Do not drive within 24 hours of general anaesthetics.***

SPECIFIC DISCHARGE INSTRUCTIONS:

1. Drink and eat lightly as you may feel nauseous following an anesthetic.
2. Keep the ear dry, especially when showering/washing hair. Cotton wool and petroleum jelly can be used to create a waterproof plug.
3. Do not attempt to clean ears, especially with cotton buds.
4. No swimming either in a pool, spa, bath or the beach until your follow-up appointment. If swimming is necessary check with your doctor first and wear fitted ear plugs and a tight fitting cap.
5. Drink plenty of fluids and eat plenty of fresh fruit and vegetables to promote healing and maintain regularity of your bowels. Use mild laxatives if required.
6. You may return to work as soon as you feel well enough. This is usually one to three days after the operation.

IMPORTANT: Contact your doctor if you experience:

- Persistent nausea/vomiting
- Persistent discharge/bleeding
- Prolonged dizziness, decreased hearing
- Ringing or abnormal sound in the ear
- Excessive pain or tenderness, not relieved by medication
- Signs of infections eg : fever, sweats, shivers
- Nasal discharge

In Case of an Emergency Mr Safdar can be contacted via the switch board at St John Of God Hospital on 03-9709 1414 or Maryvale Private Hospital on 03-5132 1200 or alternatively contact Casey Hospital, Berwick switch board on 03-8768 1200 and ask for the ENT registrar. Our Rooms Phone Number is 03-9769 3930 and we are open Weekdays 9 am to 5 pm.