

A/Prof. Alexander J. Saxby

MB BChir MA (Cantab.) FRACS

Clinical Associate Professor (University of Sydney)

Ear Nose Throat Surgeon (Adult and Paediatric)

Otology, Endoscopic Ear Surgery, Cochlear Implants

ABN 35897647421

Provider No. 286166BJ



SYDNEY CENTRE FOR EAR, NOSE & THROAT

Tube Otorrhoea

What to do when ears discharge after grommets

APPLYING EAR DROPS	
Usually twice per day for 1 week	This is the standard therapy unless you have been prescribed an antifungal or longer length of therapy.
Avoid putting your own drops in	A better application of drops is achieved if someone other than the patient applies them. This is obvious for children but also applies to adults.
Tissue Spears	If the ear canal is particularly full of pus/discharge use the rolled edge of a tissue to create a spear that can be inserted into the ear canal, wicking out the pus. Avoid leaving the tissue in for too long or wiping as it can disintegrate. Just do a quick wick & make a new spear with another corner of the tissue.
Pull the ear back and up	This brings the cartilaginous and bony portions of the ear canal into alignment so the drops get in more effectively.
After the drops, press the tragus 10 times.	This creates a positive pressure to force the drops to the depths of the ear canal and even through the lumen of the grommet in the ear drum. i.e it milks the drops down the canal.
KEEPING THE EAR DRY	
KEEPING THE EAR DRY IS CRUCIAL. When not unwell and not infected, swimming is ok without earplugs. However, when infected it must be kept dry for at least 1 week.	
NO SWIMMING	Absolutely no swimming whilst the ear is infected (discharging) for at least 1 week.
SHOWERING: Use cotton wool and Vaseline	You should <u>not</u> use a standard reusable earplug as this will re-infect the ear on re-application. Instead, use something that can be discarded after the shower. Use a simple cotton ball. Break in half. Coat the entire outside in Vaseline. Place into conchal bowl of ear. Remove after shower and discard.



ASOHNS

THE AUSTRALIAN SOCIETY
OF OTOLARYNGOLOGY
HEAD AND NECK SURGERY

Sydney Centre for Ear, Nose & Throat

Suite 2, Level 1, Building 2
49 Frenchs Forest Rd East
Frenchs Forest NSW 2086

Tel: 02 9451 9883 Fax: 02 9451 9848

Email: info@sydneycentreent.com.au



FRACS

Fellow of the
Royal Australasian College of Surgeons