

Grommets under General Anaesthetic

Please see overleaf for instructions following a general anaesthetic.

Pain relief

You may have been given some tablets for pain relief, take them as prescribed. If not you may take your usual pain killers as required.

Work and other activities

Your normal activities should not be restricted but you are advised to avoid strenuous physical activity and heavy lifting for 48 hours.

Bathing

Your wound should be kept covered and dry for 24 hours. After that return to normal bathing.

Wound Care

Your wound will not need redressing. You will need to keep the cotton wool ball(s) in overnight if possible. If they do fall out, do not worry. Some blood loss from your ear is normal and should settle, if it does not then please contact your GP or Accident and Emergency department.

Contact Details

The following contact numbers are for **advice only**.

Ear, nose and throat ward (S12)

Telephone: 01302 553143.

If you have any concerns or experience any problems please contact your GP or for anything urgent attend the nearest Accident & Emergency department.



Instructions for Patients following General Anaesthesia

General anaesthesia can affect your co-ordination and movement. You may feel more tired than usual for a day or two and you may not be able to think clearly at times.

You should follow the instructions below for at least 24 hours after discharge from hospital.

1. You must rest for the remainder of the day. If you experience any dizziness at home during the first 24 hours - lay down with your legs elevated until the dizziness has passed.
2. You must not drive a vehicle, operate machinery, gas or electrical appliances for at least 24 hours, possibly 48 hours.
3. Do not drink alcohol for at least 24 hours after a general anaesthetic.
4. Do not take tranquillizers or sedatives for the first 24 hours unless you have been told to do so.
5. You will have been given some tablets to relieve the pain after you get home. There may be more than one kind. Take these as instructed.
6. You may eat and drink as normal. If nausea has passed.
7. You should arrange for a responsible adult to stay with you overnight.
8. Increase daily activities gradually, do not do too much too soon.

If you have any concerns or experience any problems please contact your GP or for anything urgent attend the nearest Accident and Emergency Department.

Patient Advice & Liaison Service (PALS)

PALS staff are available to offer advice or information on healthcare matters. The office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email. PALS staff can also visit inpatients on all Trust sites.

The contact details are:

Telephone: 01302 553140 or 0800 028 8059

Email: pals.dbh@dbh.nhs.uk

