

WATER PRECAUTIONS FOR GROMMETS

- **PLUGS TO BE WORN FOR THE FIRST WEEK POST OP AROUND ANY WATER**
- Ear plugs are to be used for the life of the grommets when exposed to dirty water.
- Wear ear plugs for all dirty water – anything you would not want in your mouth, do not get in your ears.

Clean water is defined as:

Showers

The sea/ocean

Well maintained home pool (only)

* Typically, okay not to wear plugs in clean water.

Dirty water is defined as:

Creeks, rivers, streams and dams

Public pools

Spa baths

Home baths

*It is highly recommended for plugs to be worn in all pools that you are not personally responsible for the maintenance and upkeep (treat as dirty water).