

After Grommet Insertion

Head & Neck Directorate

Introduction

This patient information leaflet is for children who have had grommets placed in the ear.

What are grommets?

Grommets are very small plastic tubes, which sit in a hole in the eardrum. They let air get in and out of the ear. This keeps the ear healthy.

How long do grommets stay in for?

Grommets fall out by themselves as the eardrum is constantly growing. They normally stay in for between six months and 1 year, or sometimes even longer in older children. You may not notice when they drop out.

Are grommets painful?

Grommets are not usually sore at all. You can give your child simple painkillers (for example, paracetamol or ibuprofen) if you need to. Grommets should improve your child's hearing straight away. Some children think everything sounds too loud until they get used to having normal hearing again. This usually takes only a few days.

When can my child return to school?

The procedure is normally very well tolerated and usually children can get back to school the next day.

Can my child swim after ear surgery?

It is advisable to keep your child's ear dry following surgery, this means no swimming and avoiding submerging the head under water in the bath. Showers and hair washing can be undertaken but we would recommend placing vaseline coated cotton wool in the bowl-shaped part of the ear.

It is important to keep the ear dry for at least 2 weeks. Following on from this your child can swim without concern.

If your child is a very keen swimmer or prone to ear infections then ear-plugs (for example putty-buddies) and a protective headband (for example Ear band-it) can be purchased and worn.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

What about ear infections?

Most people with grommets do not get any ear infections. If you see yellow fluid coming out of the ear, it may be an infection. It will not be as sore as a normal infection, and your child won't be as ill. In this situation we advise you to take your child to see your GP. If you get some antibiotic ear drops from your GP doctor, the problem will quickly settle. Some doctors may give antibiotics by mouth instead of antibiotic ear drops. Ask your GP or ENT doctor for help if infections become troublesome.

What else should I know about grommets?

Flying: It is OK to fly in an aeroplane with grommets. The pain from the change in pressure in the aeroplane cannot happen when the grommets are working.

Follow-up: We need to check your child's hearing after grommets have been put in, to make sure their hearing is better, and see your child once the grommets have come out to check their ears and hearing.

Eardrum changes: The grommet can leave some scarring in the eardrum; this does not usually affect the hearing. Sometimes, when a grommet comes out, a small hole in the eardrum is left behind. This usually heals up with time, but sometimes we need to operate to close the hole.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。