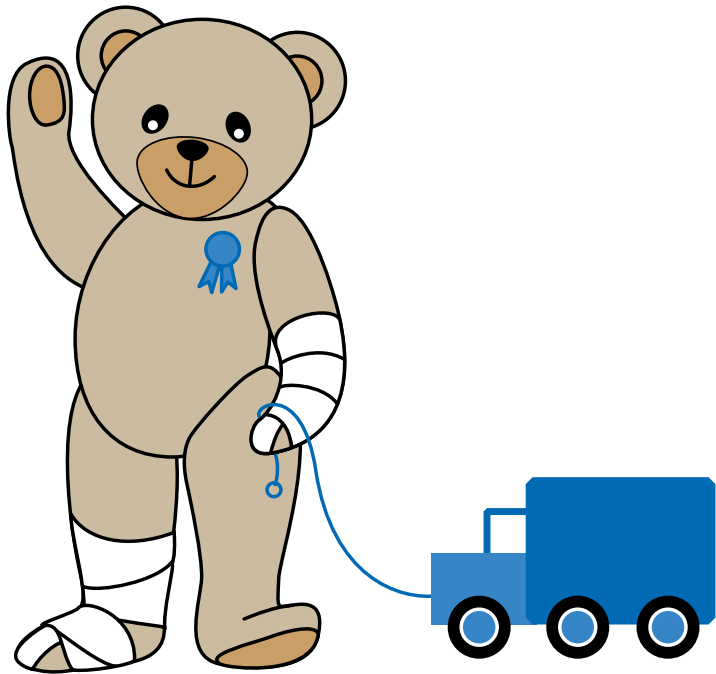


Insertion of Grommets

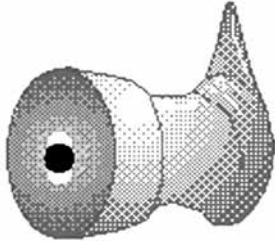
Paediatric Day Surgery Unit



Patient information leaflet

What is a Grommet?

Grommets are small plastic tubes which allow ventilation of the ear keeping it healthy.



H
2mm
(actual size)

What are grommets used for?

- Glue ear
- Hearing loss
- Recurrent ear infections
- Retraction of the tympanic membrane

How are grommets put in?

The procedure is carried out under a general anaesthetic. A small incision is made in the ear drum through which the grommet is inserted.

How long do grommets stay in?

Grommets can fall out by themselves as the ear drum is constantly growing. Some will stay in for 6 months, some for a year. In older children it can be longer. You may not notice when they come out.

What are the alternatives to grommets?

- Using a nasal balloon to open the tube to the ear may help older children
- A hearing aid
- Multiple antibiotics

Will it be Painful?

Grommets are not usually painful. Give simple Paracetamol and Ibuprofen when required.

Next dose Paracetamol:

Next dose Ibuprofen:

When can my child return to School/Nursery?

Your child can return to school/nursery after 1-2 days.

Can my child swim?

- Your child can start swimming after they have been seen in clinic.
- It is not a good idea for your child to dive under water as the water may pass through the grommet and into the ear.
- We advise you get your child some ear plugs for swimming.

What else do you need to know?

- It is ok to fly with grommets.
- Your child will be followed up in clinic with examinations and hearing tests.
- Infection from the nose and throat may still spread to the ear even though the grommets are in place.
- Use cotton wool smeared with Vaseline when your child is having a bath/shower until the grommets have come out.

Are there any potential complications?

- Ear infection/discharge.
- The grommet may leave some scarring in the ear drum; this does not usually affect the hearing.
- Occasionally when a grommet comes out it can leave a small hole in the eardrum. This usually heals up with time, but sometimes an operation is required to close it.

General Practitioners (GP) Letter

A letter will be sent to your child's GP giving brief details of their admission. You will be given a copy of this on discharge.

Will my child need a follow up?

Your child will require a follow up appointment and this will be sent to you through the post.

Reference sources

- www.entuk.org
- www.ent4kids.co.uk
- www.bmihealthcare.co.uk
- www.nhs.uk

Contact details

If you require further advice, please do not hesitate to contact us.

Day Surgery Unit

Telephone: 01483 406783 (Monday to Friday, 8am–8pm)

Hascombe Children's Ward

Telephone: 01483 464071 (24 hours)

Accident & Emergency

Telephone: 01483 464156 (24 hours)

If you are seriously concerned about your child, please take them to Accident & Emergency.

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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Future review date: November 2020

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