



Grommet Insertion

Your Questions Answered

Patient Information Leaflet

What are Grommets?

A Grommet is a small hollow plastic tube (size of a matchstick head), which is inserted into the eardrum under anaesthetic.

What does it do?

It allows air and ventilation into the middle part of the ear, if the tube that connects the back of your nose to your middle ear is not functioning properly. By doing this it helps to prevent ear infections.

Can it fall out?

It usually loosens and falls out between 6—12 months. The doctor will check your child's ear(s) to see if it is in place each time you visit the outpatient department.

The procedure

Insertion of grommets is carried out as a day case procedure under general anaesthetic.

Will the ear be sore?

The ear is not usually sore, however a painkiller may be taken in the immediate time following the operation. Some patients may develop a small discharge from the affected ear—in such cases it is important that this is

brought to the attention of the doctor. Unresolving pain should also be brought to the attention of a Doctor

How to waterproof the ears

A small piece of cotton wool smothered in Vaseline should be gently placed into the outer ear to ensure a waterproof seal and remove afterwards.

Can I go swimming/play water sports with grommets?

The doctor will advise you accordingly. He/she might not want water to enter the ear canal. Always check this at each appointment.

A follow up outpatient appointment will be given on discharge. Always keep your outpatient appointment.

Cotton buds, hair pins or matches etc. should never be used to clean ear canal as this can cause damage to the lining of the ear and could also tear the eardrum.

We hope that this information is helpful to you. If anything is unclear, or you have any other questions you would like to ask, then please do ask the nurse/doctor before the procedure.

Royal Victoria Eye and Ear Hospital Inpatient Wards

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Revision History

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	1	2001	New Information Leaflet	-	
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