

## Patient information

# Grommets (Adult)

**Martin Corke Day Surgery Unit**

## Grommets (adults)

### What are they?

They are tiny ventilation tubes which are inserted into the middle ear, to help drainage of ear fluid and improvement of hearing.

Once inserted, they remain in the ear for approximately 10 months, when they are gradually pushed out, which you may not even notice. Occasionally they need to be removed under general anaesthetic by an ENT (ear, nose and throat) surgeon.

## Following your surgery

### Post-operative discharge advice

- You may notice an improvement to your hearing immediately.
- If you should experience any mild to moderate pain, paracetamol or similar medication is appropriate.
- You may experience a small amount of blood stained / waxy discharge from your ears for a few days following the surgery.
- Try to avoid getting water into your ears. When washing hair, place a piece of Vaseline covered cotton wool inside to protect and keep the ears dry.
- You may recommence swimming after 2 weeks, however, do not jump, dive, or swim under water until your ears have been checked at the outpatient's follow-up appointment.

Outpatient appointment in 2-3 months, this will be sent to you.

You should be able to return to work 2 - 3 days after your operation.

Special instructions.....

## **Contact your GP or GP out-of-hours service if:**

- You experience severe pain.
- The ears become hot, inflamed and / or produce a thickened discharge as this may indicate an infection.

If you require any further advice, please contact the Martin Corke Day Surgery Unit on 01284 713050 between 7.45 am and 8.00 pm, Monday to Friday.

Outside of these hours contact the ENT ward on 01284 713290 and ask to speak to the nurse in charge. Please have your hospital number on the discharge letter available. Alternatively, you can contact NHS 111

West Suffolk NHS Foundation Trust is actively involved in clinical research. Your doctor, clinical team or the research and development department may contact you regarding specific clinical research studies that you might be interested in participating in. If you do not wish to be contacted for these purposes, please email [info.gov@wsh.nsh.uk](mailto:info.gov@wsh.nsh.uk). This will in no way affect the care or treatment you receive.

**If you would like any information regarding access to the West Suffolk Hospital and its facilities, please visit the website for AccessAble (formerly DisabledGo)**  
**<https://www.accessable.co.uk>**

