

## Patient information

# Insertion of grommets

The operation is performed for a condition known as 'glue ear'. The middle part of the ear behind the eardrum normally contains air. Glue ear occurs when thick fluid builds up in the middle ear. This prevents the tiny bones of the middle ear conducting sound and hence causes deafness.

A grommet is a small plastic tube, about 2mm long, which is inserted into the eardrum through a small cut made with a sharp knife. This then allows air to get into the middle ear from the ear canal, and the hearing to be restored to normal. Grommets normally stay in place for 3 - 12 months, after which they usually fall out by themselves or can be simply removed by your doctor. In most cases grommets only need to be inserted once.

### Following surgery

For the first month after the operation you should avoid getting any water into the ears, especially soapy water and shampoo. To avoid this, before bathing insert a piece of cotton wool moistened with vaseline into each ear. It is unwise to go swimming for the first month.

**If you require any further advice or information, please contact the ENT ward via the Hospital Switchboard on 01284 713000.**

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)*  
<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>

