

## Patient information

# Grommets - Children

## 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 6 months, then they are gradually pushed out, which your child may not even notice. Occasionally they need to be removed under general anaesthetic by an ENT Surgeon (Ear, Nose and Throat).

In children re-insertion is occasionally required before the ears become clear.

## Following surgery

### Post-Operative Discharge Advice

- Your child may notice an improvement to his/her hearing immediately
- If your child should experience any discomfort, medicines such as Calpol (paracetamol) and Ibuprofen can be given. Please follow the instructions on the bottle and refer to our pain control leaflet
- Your child may experience a small amount of blood stained/ waxy discharge from their ears for a few days following the surgery
- Try to avoid getting water in the ears. When washing their hair, bathing/ showering place a piece of Vaseline covered cotton wool inside their ears to protect and keep them dry
- No swimming until your child is seen at their follow up out patient's appointment
- **On holiday Do not let your child jump, dive or swim under water**

- Your child can return to school when you feel they are well enough

### **Contact your GP or GP Out-of-Hours Service if:**

- your child experiences severe pain
- Your child's ears become hot inflamed and/or produce a thickened discharge as this may indicate an infection.

### **Further advice**

If you are worried or need advice you can call the following departments who can best advise you on what to do:

- Rainbow ward 01284 713315 (24hrs a day)
- Your own GP / GP out of hours
- NHS 111

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the hospital website [www.wsh.nhs.uk](http://www.wsh.nhs.uk) and click on the link, or visit the disabledgo website:*

*<http://www.disabledgo.com/organisations/west-suffolk-nhs-foundation-trust/main>*