



Patient Information – Following Grommet Insertion

Grommet insertion is performed in both children and adults. The purpose of this leaflet is to help you understand what to expect after the operation, and to help manage your symptoms. While reading this leaflet, if your child has had an operation, please substitute 'you/your' to mean 'your child'.

After General Anaesthetic

After any surgery, especially after a general anaesthetic, you may feel tired and disorientated. You should not drive or operate machinery for 48 hours following surgery. Insurance companies may not cover you in the event of an accident occurring within a few days of surgery.

For children:

- Do not leave your child unsupervised.
- Do not allow your child to lock the bathroom or toilet door.

Grommets are not usually painful. You can take paracetamol and ibuprofen if you need to always read packet instructions. Grommets usually improve hearing straight away. Some people think everything sounds too loud until they get used to having normal hearing again. This usually takes only a few days.

Returning to normal activities

You should be able to return to school / work and normal activities after a few days.

What else should I know about grommets?

We need to check your hearing after grommets have been put in, to make sure the hearing is better. You should receive an appointment for this between 6-12 weeks after the operation.

Grommets fall out by themselves as the eardrum is constantly growing. They may stay in for six months, or a year, or sometimes even longer. You may not notice when they drop out. You do not need to be seen to confirm the grommets have come out, only if there are problems such as pain or discharge.



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What about ear infections?

If there is yellow discharge coming out of the ear, it may be an infection. If this lasts more than a day or two you should see your GP as you may need some antibiotic ear drops. Some doctors may give antibiotics by mouth instead of drops. Ask your GP or Ear Nose and Throat (ENT) doctor for help if infections become troublesome.

Can I swim with grommets in?

You can start bathing and swimming as normal a couple of weeks after the operation provided you have not had any ear pain or discharge. Diving under the water is not a good idea as water may pass through the grommet into the ear. Some people have earplugs made if they are keen swimmers, to use until the grommets have come out, or use special headbands and ear putty to stop water getting in.

Some people get infections (ear discharge) when they get their ears wet, in which case water precautions should always be used. You can plug your ears with a cotton-wool ball covered in Vaseline until the grommets have come out.

How do I get in touch?

If you need any further advice, we advise that you contact the hospital using the contact numbers below. Your first point of contact should be the ENT department during working hours Monday to Friday 8am to 4.30 pm. Outside of these hours please contact the ward from which you were discharged, your emergency GP service or the NHS helpline.

ENT clinic Nurse:	01793 604414	(As above)
Children's Unit:	01793 604095	(24h / 7 days)
Day Surgery:	01793 604152 / 4148	(0800 - 2000 weekdays)
Daisy Ward:	01793 603040 / 3041	(24h / 7 days)
Meldon Ward:	01793 646276	(24h / 7 days)
Shalbourne Suite:	01793 646060	(24h / 7 days)
NHS Helpline:	111	(24h / 7 days)



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Please remember you were given the following pain relief while in hospital

Paracetamol at:

Codeine at:

Ibuprofen at:

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

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