

Children's Surgery

Insertion of Grommets - Parent/Carer discharge information

This leaflet contains advice and information about what to expect when your child leaves hospital after this procedure.

What is Insertion of Grommets?

Insertion of grommets refers to a surgical procedure where a small ventilation tube called a Grommet is placed into the eardrum.

Nutrition

After the operation, your child can eat and drink as usual.

Mobility

Your child may resume their normal activities as soon as they feel well enough to do so.

Bathing

Your child can take a shower or bath after discharge, but it is advisable not to wet the affected ear. We advise putting a small piece of cotton wool, covered with Vaseline into their ear before showering or washing their hair. This **must be removed immediately** afterwards.



Patient Information

Return to school

Your child should stay away from school for 24 hours after surgery.

Wound care

- **Do not use cottons buds or any other object** to clean the deep parts of your child's ear.
- It is normal to see some blood stained or yellowish discharge after the operation, this may last for a day or two. If a persistent discharge develops, contact the Children's Emergency Department on 024 7696 6934.
- Do not worry if in time you see the grommet, which looks like a small cotton reel, comes out with ear wax, this is quite normal.
- Swimming on the surface of the water is generally safe but avoid diving until it's cleared by the doctor at your child's outpatient appointment.
- If you are travelling by aeroplane, your child should not experience discomfort due to pressure changes, in fact, the grommet helps reduce earache from these changes.

Medication

Your child may experience mild earache for which you can give your child paracetamol and/or Ibuprofen. Please do not exceed the manufacturer's stated dose.

Problems

If there is a persistent or offensive discharge from the ear, contact the Children's Emergency Department on 024 7696 6934

Follow-up appointment

A follow-up appointment for the Outpatients department will be sent to your home address.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 6850 and we will do our best to meet your needs.

Patient Information

The Trust operates a smoke free policy.

Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit:

www.uhcw.nhs.uk/feedback



Document History	
Department:	Children's Surgery
Contact:	26850
Updated:	May 2024
Review:	May 2026
Version:	5
Reference:	HIC/LFT/1687/13