

# Patient information

## Child Grommets

**Martin Corke Day Surgery Unit**

### Grommets

#### 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 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 their 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.
- 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 outpatient's appointment.

If you are going on holiday before this appointment, a GP appointment is recommended to check your child's ears.

On holiday do not let your child jump, dive or swim under water.

Your child's last pain relief in the DSU was given at:

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Special instructions.....

Outpatient appointment in 6 weeks, this will be sent to you.

Your child should be able to return to school 2 - 3 days after the operation.

**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.

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

Outside of these hours contact the paediatric ward F1 on 01284 713315. Please have your hospital number on the discharge letter available. Alternatively, you could 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.nhs.uk](mailto:info.gov@wsh.nhs.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>**

