



Manchester University
NHS Foundation Trust

Royal Manchester Children's Hospital

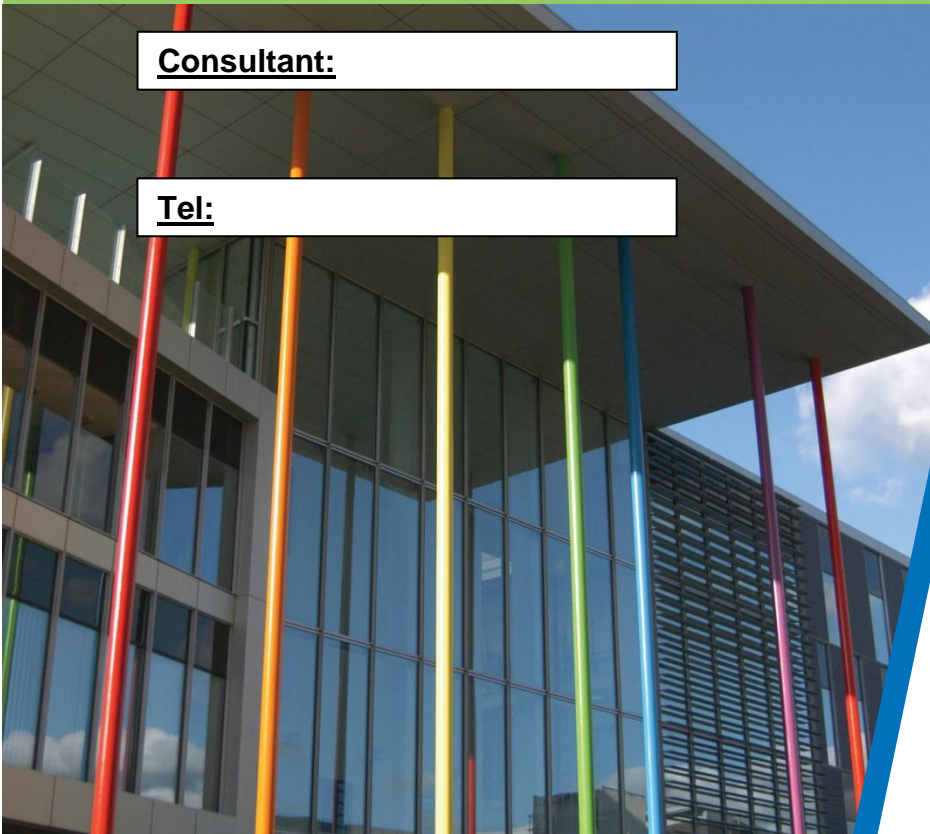
Paediatric Otorhinolaryngology (ENT)

Grommets

Information for Parents, Carers and Patients

Consultant:

Tel:





What is glue ear?

Glue ear is a build-up of fluid behind the ear drum. It is very common in young children. Most children will have glue ear at some point, but it does not always cause problems. It is only necessary to treat glue ear if it causing a persistent hearing loss (at least 3 months), speech delay or recurrent ear infections.

What effect does the fluid have on my child's hearing?

Normally there is air in the middle ear behind the ear drum. The middle ear contains 3 small bones called ossicles which vibrate and allow sound to be transmitted across to the organ of hearing known as the cochlea. If there is fluid present in the middle ear then the ear drum and ossicles are unable to vibrate as freely, causing some hearing loss.

What is a myringotomy?

A myringotomy is a tiny incision or cut made in the eardrum. This will heal quickly leaving the eardrum intact.

What is a grommet?

A grommet is a small white plastic tube made of plastic or Titanium which is inserted into the ear drum.

Why is a grommet inserted?

The fluid behind the ear drum, known as “glue”, can cause repeated ear infections or hearing loss. A grommet is inserted to help equalise pressure between the middle and outer ear and prevent recurrence of the fluid.





What are the benefits of the operation?

- To prevent the build-up of fluid behind the ear drum, which should improve your child's hearing and speech
- To reduce the number of ear infections

What are the risks of the operation?

This is generally a simple and safe operation. However, all operations carry some risks.

- Approximately 10% of children have some fluid discharge, occasionally blood stained after surgery. If the discharge continues for more than 2 days or your child has pain, you should seek medical advice.
- A persistent hole (perforation). Uncommonly, when a grommet falls out, it leaves a small hole in the eardrum. This usually closes up but sometimes it doesn't. It usually has no effect on the hearing but can occasionally cause ear infections, in which case it may require a further operation to close the hole
- The glue ear may come back after the grommets fall out. Most grommets fall out themselves after 6-9 months. At this stage, most children require no further treatment. However, in some cases, the glue ear does come back. If it is causing problems, your child may be offered a further set of grommets, hearing aids, or other surgery including having their adenoids removed. Your doctor will discuss this with you in more detail should this be required
- There is also a very small risk with any anaesthetic. However, modern anaesthetics are very safe.

How long will the operation take?

The operation will take about 10 minutes but your child will spend a period in the recovery room.





Will my child have any pain following the operation?

A few children may have some mild discomfort following the operation. You may give your child Paracetamol, as long as you follow the instructions on the bottle. **DO NOT** give more than the recommended dose written on the bottle.

How long after the operation before my child can eat and drink?

Your child will be able to drink as soon as he/she is awake and can eat within 1 hour following the operation.

How long will my child stay in hospital?

Most children will be allowed to go home on the same day, when they are eating and drinking – approximately 2 hours from when they return to recovery room

Will I need transport to take my child home?

Yes. We recommend that you make arrangements for a car or taxi to take your child home.

Do I need to take any special precautions at home?

Soapy water should be kept out of the ears. Ear plugs should be used or cotton wool smeared with Vaseline should be placed in ears when your child is having a bath or washing their hair.

Can my child go swimming?

Generally Yes. Your child can go swimming after their operation. Your child should not dive whilst grommets are in place, but only





swim on the surface of the water. It is advisable for your child to wear a swimming cap, although do ask your child's Consultant about swimming?

Will my child be able to travel by air?

Air travel is not a problem for your child following their operation.

Will I need to be seen at the clinic again?

In most cases, your child will be seen in an audiology clinic, usually within 6 to 9 months of his/her operation. This appointment will be sent through the post.

Will my child need any other operation?

Usually after 6 months the grommet is rejected, leaving the eardrum intact. However, there is a very small risk that after the grommet is rejected, it may leave a small hole in the ear drum. Most children will not require any further treatment. Others may require a further insertion of grommets and some may need to have their adenoids removed if they are enlarged and obstructing the connecting passage between the back of nose and middle ear.

Covid and surgery

It is likely that having an operation while carrying the Covid-19 virus causes an additional risk of developing complications. How much of a risk this is in children remains unclear. Whilst we are awaiting more details around this, we have taken precautions both prior to admission as well as during hospital stay to limit the risk of Covid-19 in the peri-operative period.





Translation and Interpretation Service

It is our policy that family, relatives or friends cannot interpret for patients. Should you require an interpreter ask a member of staff to arrange it for you.

تتص سیاستنا علی عدم السماح لافراد عائلة المرضى او اقاربهم او اصدقائهم بالترجمة لهم. اذا احتجت الى مترجم فيرجى ان تطلب ذلك من احد العاملين ليرتب لك ذلك.

پماری یہ پالیسی ہے کہ خاندان ، رشتہ دار اور دوست مریضوں کے لئے ترجمہ نہیں کر سکتے۔ اگر آپ کو مترجم کی ضرورت ہے تو عملے کے کسی رکن سے کہیں کہ وہ آپ کے لئے اس کا بندوبست کر دے۔

ইহা আমাদের নীতি যে, একজন রোগীর জন্য তার পরিবারের সদস্য, আত্মীয় বা কোন বন্ধু অনুবাদক হতে পারবেন না। আপনার একজন অনুবাদকের প্রয়োজন হলে তা একজন কর্মচারীকে জানান অনুবাদকের ব্যবস্থা করার জন্য।

Nasze zasady nie pozwalają na korzystanie z pomocy członków rodzin pacjentów, ich przyjaciół lub ich krewnych jako tłumaczy. Jeśli potrzebują Państwo tłumacza, prosimy o kontakt z członkiem personelu, który zorganizuje go dla Państwa.

Waa nidaamkeena in qoys, qaraaboamasaaxii boaysanu tarjumikarinbukaanka. Haddii aad u baahatotarjumaankacodsoxubinka mid ah shaqaalahainaykuusameeyaan.

我们的方针是，家属，亲戚和朋友不能为病人做口译。如果您需要口译员，请叫员工给您安排。



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