



Grommet aftercare advice

Your child has been fitted with grommets to treat glue ear or persistent ear infections.

Your child has had a post-operative follow up appointment with a normal audiogram and has now been discharged from the ENT / Paediatric Audiology follow-up clinic. This leaflet gives advice on aftercare. If you have any questions or concerns, please ask your doctor or clinic nurse.

Swimming

Children with grommets are allowed to swim without earplugs, but are advised against diving under water. If they suffer ear infection after swimming they should consider using earplugs, or stop swimming. When washing hair, prevent bath water getting into the ears with cotton wool and Vaseline.

Discharging ear

If your child develops a discharging ear, but is otherwise well, please visit your GP who will treat with antibiotic drops. In addition, you may need to get a course of oral antibiotics from your GP if your child has a temperature or is generally unwell.

Referral back to ENT

If your child continues to get a discharge from the ear or has other problems you will need to take your child to the GP who may refer them back to ENT outpatients.

If you feel that your child's hearing is getting worse despite the grommets, again visit the GP who may refer them back to the Paediatric ENT clinic.

Most grommets come out by themselves after about 9-12 months. In a small number of children, grommets may not come out by themselves within three years. If this is the case, your child may need a further brief procedure to remove the grommets.

Contacting us

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Audiology: 0118 322 7238 or email audiology.royalberkshire@nhs.net

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.