

## Useful Telephone Numbers

- ENT Department, Lister Hospital  
Telephone: 01438 314333, Ext. 5113 / 4118
- ENT Admission Office (waiting list)  
Telephone: 01438 286836 or 01438 286835
- ENT Nurse Specialist (Monday to Friday, 8.30am - 6pm)  
Telephone: 01438 314333, bleep 1028  
Mobile: 0778 534 3359 or 0787 639 0290

Useful ENT website: [www.entuk.org](http://www.entuk.org)

### In an Emergency:

Dial 999 and request an ambulance or attend the nearest A&E of the following hospitals unless away from home

- Lister Hospital A&E (SG1 4AB) - 01438 784732
- New QEII Urgent Care Centre, Welwyn Garden City - 01707 247549
- Luton and Dunstable
- Princess Alexandra Hospital, Harlow

Lister Hospital  
Coreys Mill Lane  
Stevenage  
Hertfordshire  
SG1 4AB  
Tel: 01438 314333

[www.enherts-tr.nhs.uk](http://www.enherts-tr.nhs.uk)

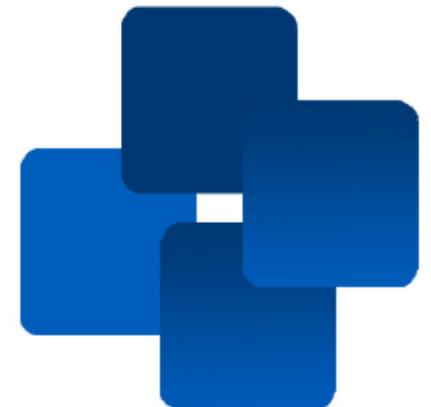
You can request this information in a different format or another language.

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## Patient Information

### Grommet Insertion (Adults)

## Ear, Nose and Throat Department



## Grommet Insertion in Adults

### Indications

Grommet insertion is an operation for the treatment of middle ear effusion (fluid behind the eardrum), Meniere's disease, persistent eustachian tube (tube linking ear with throat) dysfunction causing ear pain and a severe retraction pocket within the eardrum.

### Anaesthetic

General / local

### Technique

The operation is usually performed under a local or general anaesthetic.

Using an operating microscope, the surgeon punctures the eardrum and sucks out the fluid from the middle ear (middle ear effusion) placing the grommet in the hole.

### Operation

About 10-15 minutes per ear.

### Time in hospital

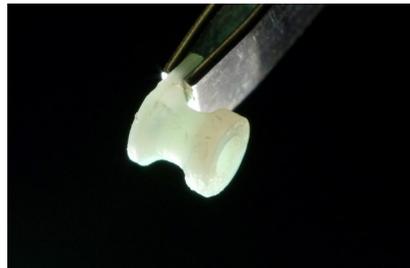
Usually conducted as a day case.

### Time off work

One - two days.

### Outcome

With a grommet in place the ear usually heals normally and is free from earaches.



Grommets are not permanent and are extruded by the ear after 6-12 months. When this happens, symptoms may recur requiring further grommet insertion.

Long stay grommets, which retain the grommet in the ear for longer, are sometimes used in recurrent cases.

### Risks & Complications

The most common complication of grommet insertion is infection in which a runny, sometimes painful or bloody ear occurs.

This can usually be dealt with by antibiotics or eardrops.

The risk of grommets causing permanent damage to the ear is very small.

They can sometimes extrude and the eardrum fails to heal (eardrum perforation). This often happens in patients who have had multiple grommet insertions.

Swimming is allowed with extra precautions following grommet insertion.

### Alternative Treatments

Watchful waiting. Symptoms may recur and further grommet insertion is only considered if symptoms persist.

### Follow-up

A follow-up will be arranged in approximately six weeks to check the patency of the grommet and to do a hearing test.