

Useful Telephone Numbers

- ENT Department, Lister Hospital
☎ 01438 288605 or 01438 284549
- Day Surgery Unit, Lister Hospital
☎ 01438 285775 or 01438 285776
- ENT Nurse Specialist (Monday to Friday, 9am - 5pm)
☎ 01438 314333, bleep 1028
Mobile: 0778 534 3359 or 0787 639 0290
- ENT Admission Office (waiting list)
☎ 01438 286836 or 01438 286835

In an emergency, dial 999 and request an ambulance or attend your nearest Emergency Department.

NHS 111 can help if you have an urgent medical problem and you're not sure what to do. It is available 24 hours a day, 7 days a week.
☎ 111

Useful ENT website: www.entuk.org

01438-288605 or 01438-284549

www.enherts-tr.nhs.uk

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

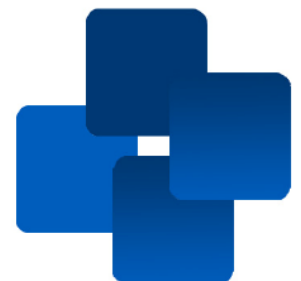
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Patient Information

Grommet Insertion

(Adults)

Ears, Nose and Throat Department



What is grommet insertion?

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

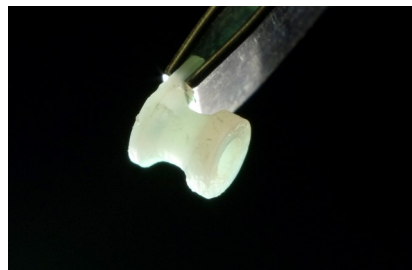
Usually conducted as a day case.

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 (usually more than 2 years), are sometimes used in recurrent cases.

Risks and 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 on the grommet and to do a hearing test.