

# Grommets

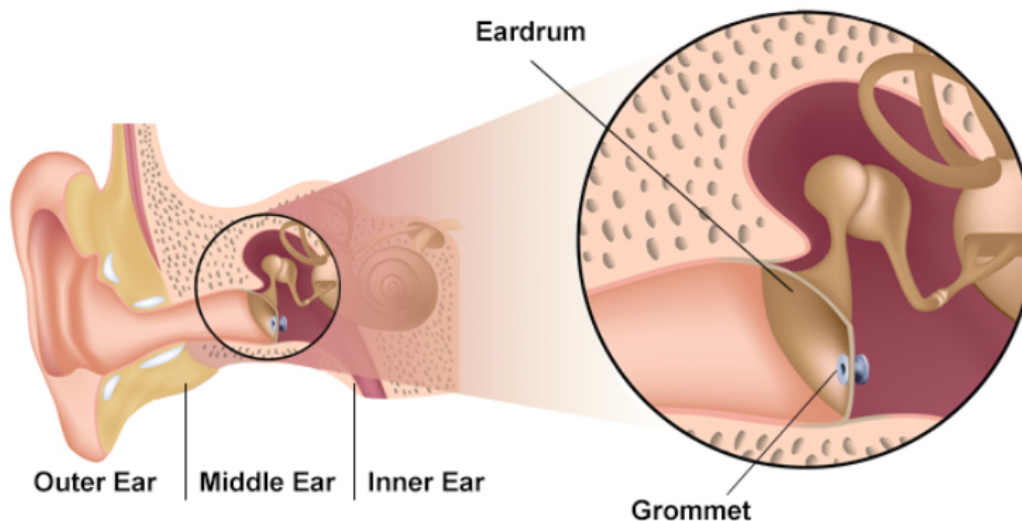
Grommets are a way to treat glue ear.

A grommet is a tiny tube that is put in the eardrum. This tube lets fresh air into the middle ear.

An Ear, Nose, and Throat surgeon will let you know if your child needs grommets.

How does a grommet work?

- In surgery, fluid in the middle ear is taken out and the grommet put in the eardrum.
- The grommet lets fresh air into the middle ear. This lets the eardrum move freely, so your child can hear better.
- Hearing should get better right after surgery.



How long does the grommet stay in the ear?

- The grommet will stay in the eardrum for 6-18 months.
- The grommet will fall out of the ear by itself.
- The hole in the eardrum should close by itself.

How will I know when the grommet comes out?

- You may find the grommet around the house. It is most commonly found on pillows. It is very small, and hard to find.
- Your audiologist or doctor can let you know.

Can my child swim or take a bath?

- Try not to get water in ears with grommets. You can use ear plugs if you want to go swimming.
- It is okay to shower with no ear plugs. Use ear plugs for a bath.

What can I use for ear plugs?

- Silicone ear putty. You can buy this from a pharmacy.
- Blu-tac
- Hearing aid stores will sell soft plastic swim plugs. You can also have these plugs custom made.



What happens if water gets into an ear with a grommet?

- Usually nothing will happen. But there is a chance it will cause an ear infection.
- If you notice discharge (fluid) from the ear, or the ear is sore, call your GP.

If you are worried about your child's hearing, talk to your doctor about an audiology referral.