

# Addenbrooke's Treatment Centre

## Day Surgery Unit

# Insertion of grommets

## What is a grommet?

It is a small plastic tube which is placed in the eardrum.

## What does it do?

The hole in the middle of the grommet allows the ear to fill with air and prevents fluid, which causes deafness.

## How long does it stay in the eardrum?

On average six to nine months. Eventually the eardrum pushes the grommet out naturally.

## Will more grommets have to be inserted?

Not usually, but sometimes fluid forms again once the eardrum has healed and further grommets are needed.

## Can the grommets cause complications?

In the majority of cases the presence of the grommet causes little trouble. The grommet can sometimes let infection into the ear which can cause the affected ear to discharge or produce a stain on the pillow at night. If that happens contact your family doctor.

## Swimming and hair washing

No swimming, and keep the ears dry when hair washing until you, or your child is seen in the clinic for follow up; usually four to six weeks after the operation.

If you are worried about the condition of you, or your child, please contact:

- You're General Practitioner  
Or
- Your consultants Registrar on call on 01223 245151  
Or
- Day Surgery unit on 01223 256330 (Monday to Friday, 08:00 until 20:00)



We are currently working towards a smoke-free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS Stop Smoking helpline on 0800 169 0 169

**Help with this leaflet:**



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)



**Document history**

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