

Aftercare following grommet insertion

Information for families

Your child has had a hearing check following insertion of grommets. The hearing is satisfactory and the grommets are working. Your child will now be discharged back to the care of your General Practitioner and further hearing assessment clinic appointments will not be routinely arranged.

- Most children do not experience problems following grommet insertion. The grommets usually remain in place for 6-12 months but for some individuals they last for a much shorter or longer timeframe. They then usually fall out of the eardrums spontaneously. The grommets often remain in the ear canal for some time without any adverse effects, but will eventually fall out when the child has a hair wash or goes swimming. Generally they do not need to be removed from the ear canal.
- For most children who have had grommets inserted, their hearing remains satisfactory even after the grommets have fallen out. Most children “grow out” of glue ear as they get older (7-10 years old). As they grow, their middle ear space is less likely to become congested.

- Sometimes children develop ear infections after they have had grommets inserted. This can result in a creamy yellow discharge in the ear canal (this is different from wax which is usually an orange/brown colour). The ear infection is not usually painful but the discharge may have an unpleasant odour. If your child develops a discharging ear please arrange for him/ her to see your General Practitioner (GP) /Practice Nurse who can prescribe antibiotic ear drops. Discharge usually clears up in 3-5 days.
- Very occasionally a child may suffer recurrent ear discharge. If this happens your GP may refer him/her to an Ear Nose and Throat consultant for advice.
- Occasionally a child's hearing may deteriorate after the grommets have fallen out. If you think that your child's hearing has been poor for longer than one month it may be appropriate for him/ her to have another hearing check. Please ask your GP to check his/ her ears and consider referring him to Children's Audiology for a further hearing assessment if necessary.

Get in touch

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