

## Parent information for children having myringotomy and grommet insertion



*Anaesthetics*

patientinformation

## Bring your medicines when you come into hospital

Prescription medicines

Medicines you have bought

Alternative & herbal medicines

Inhalers



Hearing about your experience of our services is very important as it means we can pass compliments on to our staff and make improvements where necessary. Tell us what you think by emailing us at: [yourexperience@rothgen.nhs.uk](mailto:yourexperience@rothgen.nhs.uk)

Slovak

Ak vy alebo niekto koho poznáte potrebujete pomoc pri pochopení alebo čítaní tohto dokumentu, prosím kontaktujte nás na vyššie uvedenom čísle alebo nám pošlite e-mail.

Slovensky

Kurdish Sorani

کوردی سۆرانی  
ناگهەر تۆ یان کامسێک که تۆ دهبناسی پێویستی بهیارمانی ههیهت یۆ نهوهی لهم بهانگهنامه به تێیگات یان بیخوینتتهوه، تکلیه پهپوهندیمان پێوه بکه لهسههر نهو ژمارهیهی سهروهدهدا یان بهو نیمهیه.

عربی

إذا كنت أنت أو أي شخص تعرفه بحاجة إلى مساعدة لفهم أو قراءة هذه الوثيقة، الرجاء الاتصال على الرقم اعلاه، أو مراسلتنا عبر البريد الإلكتروني

Urdu

اُردو  
اگر آپ یا آپ کے جاننے والے کسی شخص کو اس دستاویز کو سمجھنے یا پڑھنے کیلئے مدد کی ضرورت ہے تو برائے مہربانی مندرجہ بالا نمبر پر ہم سے رابطہ کریں یا ہمیں ای میل کریں۔

Farsi

فارسی  
اگر جناب عالی یا شخص دیگری که شما اورا می شناسید برای خواندن یا فهمیدن این مدارک نیاز به کمک دارد لطفاً با ما بوسیله شماره بالا یا ایمیل تماس حاصل فرمایید.

If you require this document in another language, large print, braille, audio or easyread format, please ask our healthcare providers\*

### \*Note to healthcare providers:

Translated / easyread healthcare information can be sourced via the **Easyread websites** listed at the back of this leaflet or via contacting our translation company **Big Word**.

**Big Word** can be accessed through the search option on InSite.

Myringotomy & grommet insertion

Please follow these starving instructions.  
If you do not follow these instructions,  
your child's operation may be cancelled.

Your child must have nothing to eat after:

- 2.00am if your operation is in the morning
- 7.00am if your operation is in the afternoon

**This includes food, milk, sweets, chewing gum and fizzy drinks.**

Your child may drink water or dilute squash until:

- 6.00am if your operation is in the morning
- 11.00am if you operation is in the afternoon

**Contact the ward you are expected on  
if your child becomes unwell within  
1 week of their planned operation**

**Please come to**

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**On**

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**At**

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## Myringotomy & grommet insertion

### About this leaflet

This leaflet is designed to give you information about the operation your child is going to have. Please refer to the leaflet **“Your child’s general anaesthetic”** for important information about how to prepare your child for coming to hospital, what to bring with them, what to expect when you are at the hospital and information to enable your child to receive a safe general anaesthetic.

### What are grommets?

These are small tubes, a few millimetres long, which are put into the ear drum to ventilate (allow air to circulate) the middle ear.

### Why are grommets needed?

They are used to treat a condition called glue ear where sticky fluid builds up behind the ear drum causing deafness. This tends to happen after colds or ear infections. There is also a tube from the ear to the back of the nose (Eustachian tube) which normally drains fluid from the ear and allows air to enter the middle ear. This tube can be blocked by swollen adenoids. If this is happening, removing the adenoids (adenoidectomy) may be done at the same time that the grommets are put in.

## Myringotomy & grommet insertion

### Do grommets help?

Glue ear usually improves after surgery, ear infections are reduced in frequency and severity. After the grommets come out in about 9 to 2 months, they may need to be reinserted in 10 to 20% of patients.

There is evidence that glue ear takes longer to clear up after the operation in children whose parents smoke.

### Are there any alternatives to grommets?

Grommets are not always required as glue ear tends to get better as the Eustachian tube grows with age and so drainage of the ear improves (most children are free of glue ear by the age of 7 to 8 years). For this reason grommets are reserved for the more severe cases of glue ear.

Medicines used for blocked noses and steroid sprays combined with antibiotics have been tried and work for some but not for most patients.

### What does the operation involve?

With your child fully asleep (under general anaesthetic), the surgeon looks into the ear with a microscope, then makes a tiny cut in the ear drum (myringotomy), sucks out the fluid from behind the ear drum and puts the grommet into the ear drum. The grommet may stay in place for approximately 12 months. They come out naturally with ear wax along the ear canal.

### Are there any risks from having grommets put in?

Inserting grommets is usually a straightforward operation. As with all operations there are a few things that can go wrong. Common problems include:

- Discharge from the ear, especially during or after colds. You should contact your doctor if this happens and it usually clears up with antibiotic ear drops but rarely requires an operation to remove the grommets.
- About 1 in 25 children will get discharge that lasts a long time.
- Around 20% of children who have grommets will need to have them fitted again within 5 years due to a build up of fluid. This is more common in children whose parents smoke.
- In about 50% of children the ear drum becomes a bit thickened, this makes a very small difference to long term hearing, but not enough for your child to notice.
- Rarely a hole in the eardrum persists which may require another operation to close it.

### How long will the operation take?

Your child will be away from the ward for approximately one hour. When the operation has finished your child will be taken to the recovery area. When they start to wake up you will be able to see them.

## Myringotomy & grommet insertion

### What will happen when we get back to the ward?

A nurse will check your child's pulse rate and breathing rate at regular intervals until your child is fully awake and back to their normal self. Once your child is ready they will be given a drink. If they do not feel sick they will then be given something to eat.



### Will my child have any pain?

Your child may complain of earache following this procedure. It is important that you tell your child's nurse if your child has any discomfort so that they can give them some medicine to make them feel better.

### When can my child go home?

If your child has minimal or no pain, their temperature is normal and they do not feel sick they will be allowed to go home.

Very occasionally the Surgeon or Anaesthetist may advise that your child needs an overnight stay in hospital. This will require your child to be transferred to Doncaster Royal Infirmary because there are no overnight ENT beds at Rotherham Hospital.

## Myringotomy & grommet insertion

### Is there anything special I have to do to look after my child at home?

Yes, you must keep your child's ears dry. You must keep their ears covered when washing their hair – use a piece of cotton wool inside the ear and remove it after washing their hair.

### Will my child have any pain at home?

When you go home it is advisable to give your child regular painkiller medicine for the first 48 to 72 hours even if they do not complain of discomfort. After this you can give painkiller medicine as necessary. Paracetamol (Calpol) and/or Ibuprofen (Neurofen) can be used.

### Are there any complications which I must look out for at home?

If the ears become painful, smelly or discharge pus then seek the advice of either your G.P. or the contact numbers given. Alternatively bring your child to the Accident and Emergency Department at Doncaster Royal Infirmary or Rotherham Hospital.

### Can my child go swimming?

Swimming can usually be resumed after 4 weeks. It is then advisable for your child to wear earplugs and a hat or swimming headband and avoid diving underwater.

## **Myringotomy & grommet insertion**

### **When can my child go back to school?**

The day after the operation.

### **Will I need to see the Surgeon again?**

The Surgeon will decide following the operation whether they need to see your child again in the outpatient clinic. You will be told this before you are discharged home.

## How to contact us

### Day Surgery

Telephone 01709 426500

### Children's Ward 1

Telephone 01709 424271

### Children's Ward 2

Telephone 01709 424049

### Children's Assessment Unit

Telephone 01709 424053

### Switchboard

Telephone 01709 820000

## Useful contact numbers

**If it's not an emergency,  
please consider using a  
Pharmacy or call NHS 111  
before going to A&E.**

### NHS 111 Service

Telephone 111

### Health Info

Telephone 01709 427190

### Stop Smoking Service

Telephone 01709 422444

### A&E

Telephone 01709 424455

**For GP out of hours,  
contact your surgery**

## Useful websites

[www.therotherhamft.nhs.uk](http://www.therotherhamft.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.gov.uk](http://www.gov.uk)

[www.patient.co.uk](http://www.patient.co.uk)

## Easyread websites

[www.easyhealth.org.uk](http://www.easyhealth.org.uk)

[www.friendlyresources.org.uk](http://www.friendlyresources.org.uk)

[www.easy-read-online.co.uk](http://www.easy-read-online.co.uk)

## We value your comments

If you have any comments or concerns about the services we have provided please let us know, or alternatively you can contact the Patient Experience Team.

### Patient Experience Team

The Oldfield Centre  
The Rotherham NHS  
Foundation Trust  
Rotherham Hospital  
Moorgate Road  
Rotherham  
S60 2UD

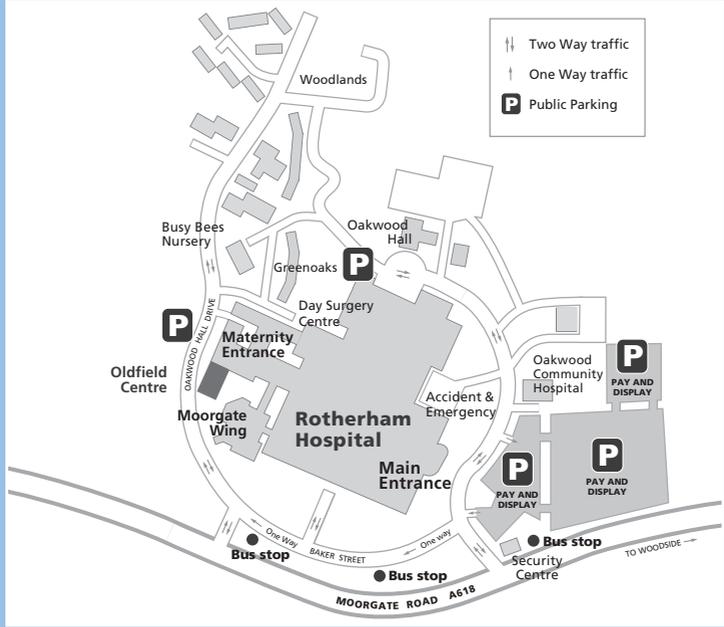
Telephone: 01709 424461

Monday to Friday  
9.00am until 4.00pm

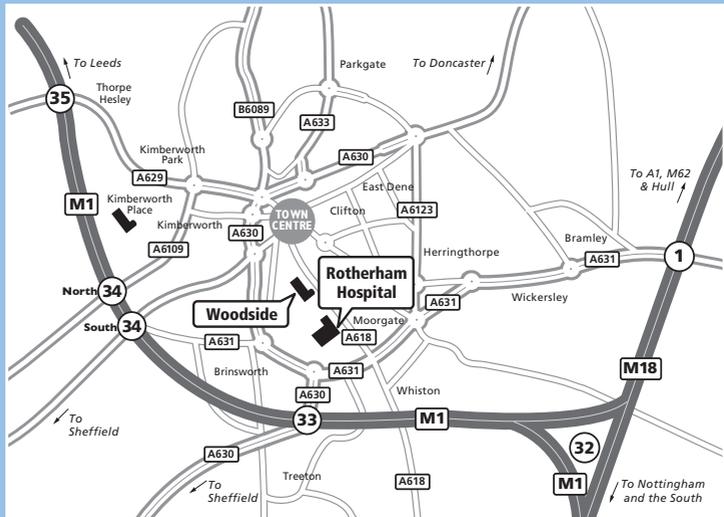
Email: [yourexperience@rothgen.nhs.uk](mailto:yourexperience@rothgen.nhs.uk)

# How to find us

## Hospital site plan



## Rotherham main routes





Sustainable Forests / Low chlorine

LS 617 05/15 V3 Jones & Brooks



The Rotherham **NHS**  
NHS Foundation Trust

**Rotherham Hospital**  
Moorgate Road  
Oakwood  
Rotherham  
S60 2UD

Telephone 01709 820000  
[www.therotherhamft.nhs.uk](http://www.therotherhamft.nhs.uk)

