



If you need this information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer-care@salisbury.nhs.uk.

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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Aftercare following insertion of grommets

When can I go back to work or school?

You can return to work or school two days after your operation.

Will it hurt afterwards?

There is minimal discomfort. However, if needed, you can take some paracetamol (paracetamol in suspension for children). Please follow the instructions given on the packet.

Is there anything I should avoid after the operation?

Do not swim until you have been seen by the hospital doctor at the follow-up appointment.

Ears with grommets (and long-term grommets) should be kept as dry as possible. Do not allow water to enter the ears. Place cotton wool smeared with Vaseline in the ears when washing hair, showering or bathing.

Is there anything I should look out for?

If there is any discharge (e.g smelly or bloody) from your ear, please contact your G.P.

Is a follow up appointment necessary?

Yes. You will be sent an appointment to be seen in the Ear Nose and Throat (ENT) outpatient clinic around six weeks afterwards. Then your hearing will be checked again and the ear drum examined to make sure the grommet is in place. Most people will not need to be followed up after the first appointment but a small proportion will need to be seen again.

Further advice

If you feel unwell after you go home, please contact us, or your GP, for advice.

Please do not ask your GP for a home visit unless it is really necessary.

For further information please ring either the ENT clinic or Downton ward:

ENT Clinic 01722 336262 ext 2121 or 2209

Downton Ward 01722 336262 ext 2547 or 2182

Day Surgery Unit
Tel: 01722 336262 ext. 4554