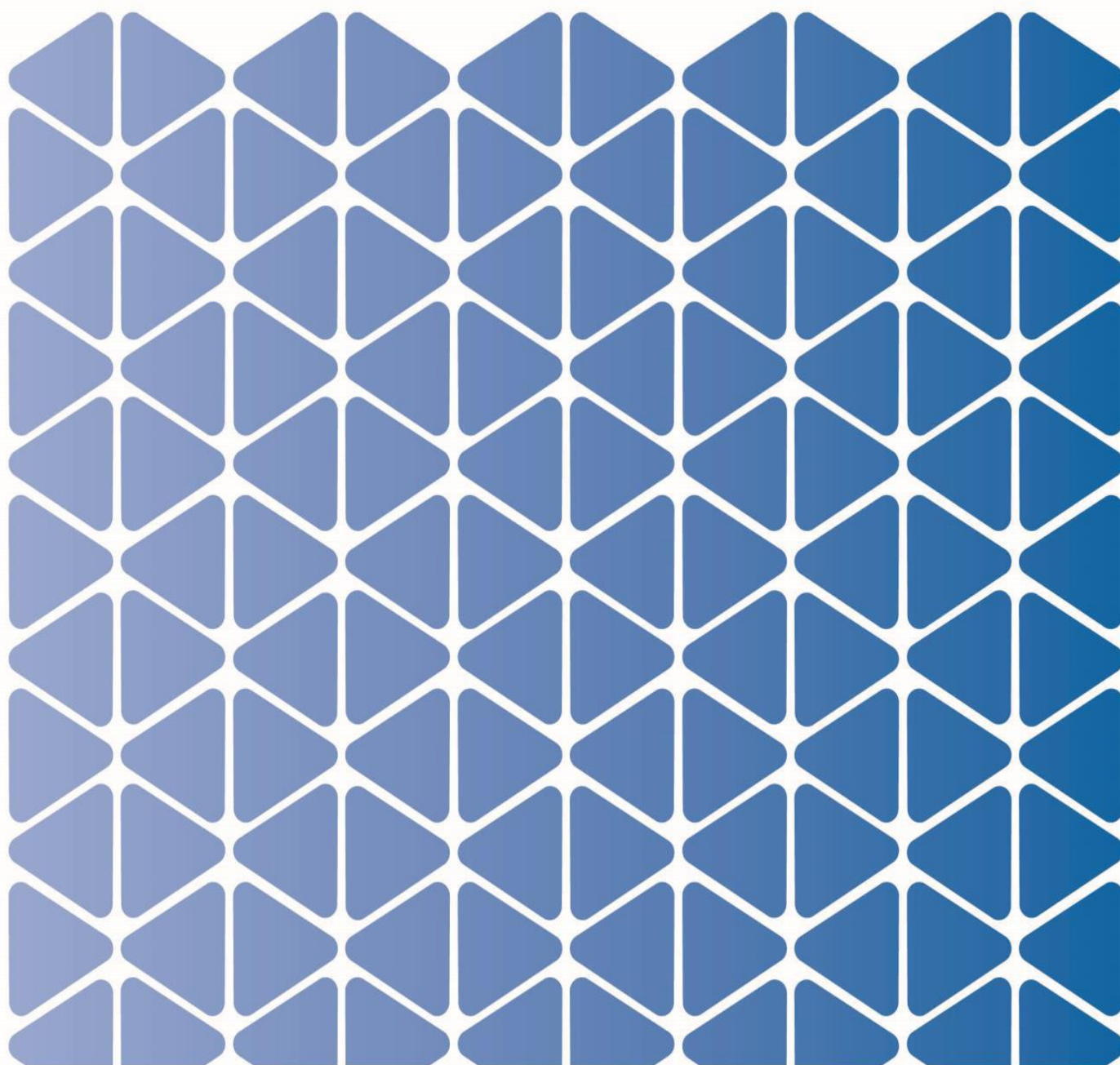


PATIENT INFORMATION - FOR PARENTS

# MYRINGOTOMY AND GROMMETS



## **What is a myringotomy?**

A myringotomy is a small cut which is made in the eardrum. Tiny tubes called grommets are then inserted into these cuts. The main function of a grommet is to act as a ventilation tube - the grommet lets air pass from the ear tube through the eardrum and into the middle ear. Any fluid in the middle ear will now just dry up. Your child should be able to return to normal activity after 24-48 hours.

## **To help your child's recovery, please follow this advice:**

Avoid getting water into your child's ear for at least two weeks. When taking a bath or shower or when washing your child's hair, you can protect your child's ears by placing a piece of cotton wool covered with Vaseline in the opening of the ear canal.

Providing there is no discharge from the ear, and a doctor says it is okay, your child may go swimming after two weeks.

Occasionally, your child may get a sensation of popping, clicking or fullness in the ear. This is normal and not harmful and will disappear quickly. Any discomfort or soreness should subside over the next few days. The nurses will explain how and when any pain relief medication should be taken.

The grommet(s) usually fall out after six to twenty-four months, although they are so small, you may not notice. This will not hurt.

## **Things to look out for**

Your child may have a very slight ear discharge in the first 24 hours following grommet insertion. If your child continues to have discharge after this time or if it is accompanied by bleeding from their ear or severe pain you may need to seek medical advice as drops are sometimes necessary. Occasionally, your child may need antibiotics.

Your child will have open access for 24 hours post-surgery for any advice needed. The number for Riverbank Ward is 01905 760588. The ward may put you in touch with the on-call doctor for further advice if required.

## **Follow-up**

A follow-up appointment will be given to you, or may be sent to you in the post, to attend ENT Outpatient Department or the Audiology Department. It is important that you keep this appointment to have your child's ear checked.

**If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.**

## **Patient Experience**

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

## **Feedback**

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

## **Patient Advice and Liaison Service (PALS)**

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

## **How to contact PALS:**

**Telephone Patient Services: 0300 123 1732 or via email at: [wah-tr.PET@nhs.net](mailto:wah-tr.PET@nhs.net)**

## **Opening times:**

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.