Patient and Family Education

Grommet Care



مركز الرعاية الطبية اليومية
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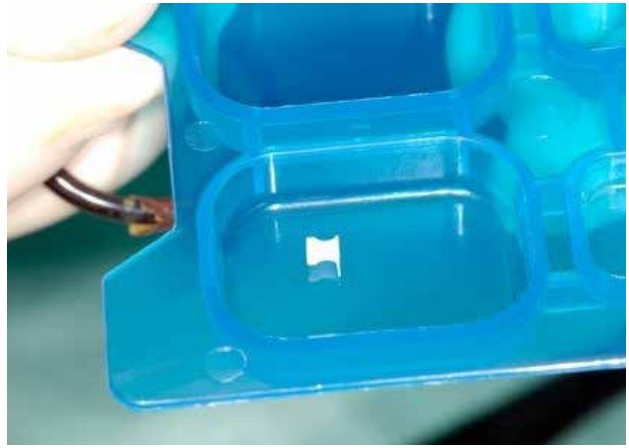
Grommet Care

Definition
A tube inserted through the tympanic membrane for pressure equalization and ventilation of the middle ear.

Causes
Middle ear infection and glue ear.

Caring for Grommets
- After the operation, it is important that the ears are kept dry until the grommet comes out. Use cotton wool with a coat of Vaseline on it when the washing hair or taking a shower.
- Keep your child away from school for a few days.
- Any discharge of fluid from the ear after operation is not normal.
- The grommets will stay in the ear between 6 and 24 months.
- Keep regular check ups with visits every 2-3 months until the grommets come out.
- After an adenoidectomy the Eustachian tube function may not improve fully and the fluid discharge may recur. This may need another short or long-term ventilation tube to be fitted.
- Avoid swimming if necessary, or swim only at the surface.
- Do not dive and take extra precautions by using ear plugs with Vaseline.



Actual size of grommets



Inserting a grommet in to the eardrum