

## GLUE EAR (Otitis Media with effusion)

This is a condition of childhood due to immature development of the eustachian tubes, which run from the middle ear to the back of the nose. Most children will grow out of this in late childhood, but some need treatment with Grommets (Ventilation tubes) during this period.

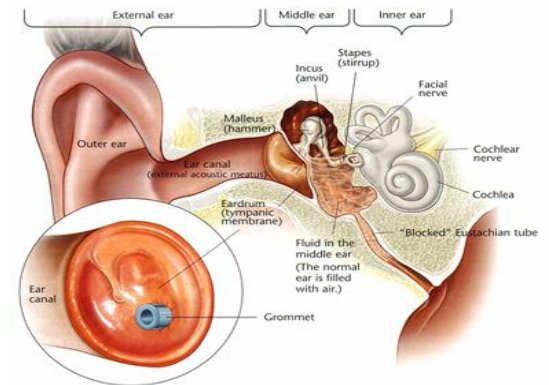
The operation is performed under a general anaesthetic as a day case.  
(In adults it can be performed under a local anaesthetic)

A grommet is tiny,  
smaller than a match  
head



### GROMMETS:

Small plastic tubes with a central hole; drains the ear and allows air to enter the middle ear.



### POST-OPERATIVE CARE

- The ears are sore during the day after the surgery. This can be treated with Panadal or Painstop.
- The mucous in the middle ear often drains for two (2) or three (3) days after the surgery. This is often blood stained.
- If the child gets a cold or flu while the grommets are insitu, there is often some discharge, which usually dries up when the cold/flu settles. If in doubt, see your doctor.
- While the grommets are position, **WATER MUST BE KEPT OUT OF THE EARS** – otherwise it may cause ear infection.
- Swimming is permissible as long as earplugs are used.
- The grommets last approximately nine (9) months, they come out by themselves, and the drum heals itself, although very rarely permanent perforation may occur – this is more common with long term grommets.

**YOU WILL NEED TO CONTACT THE ROOMS TO ARRANGE A POST-OP APPOINTMENT FOR TWO WEEKS AFTER SURGERY**

