

## HOW LONG DO GROMMETS LAST?

Grommets generally last between 6 and 18 months, with 12 months being the average. You may not necessarily know when they have fallen out. Any trained medical professional or specialist nurse should be able to check if they are still in place. If you have any concerns regarding your child's hearing once the grommets have fallen out then please do not hesitate to [contact us](#) and arrange another appointment for repeat hearing assessment.

## SWIMMING AND BATHING



ENT Surgeons often give varying advice regarding swimming and bathing after grommet insertion. A Cochrane review recently looked at the question of whether children with grommets need to protect their ears with swimming. They found very little difference in the chances of infection in those children that protect their ears when swimming and bathing and those who do not.

More information can be found here:

<http://www.evidentlycochrane.net/children-with-grommets-worth-the-bother/>

ENT Surrey suggests that children do not swim for the first week after surgery and only children who have suffered pain or infection when swimming use water precautions.

# INFECTION

When a child has **grommets**, an infection will show itself as a runny ear discharge. It is rarely painful and usually does not present with a temperature. A Cochrane review looked at the best treatment for runny ears in children with **grommets**. They found that ear drops are nearly twice as effective as oral antibiotics in these cases. Eardrops have the added benefit of not causing side effects elsewhere in the body. If your child has an infection please ask your GP to prescribe eardrops not oral antibiotics.

More information can be found here:

<http://www.evidentlycochrane.net/mummy-ears-wet/>

## CUSTOM SWIM PLUGS



If you would like your child to have custom made swim ear plugs, these can be purchased via our partners Gatwick Audiology. These are moulded to your child's ear canals to provide an effective watertight seal and constructed from material that is easy to look after and keep clean.

 GATWICK  
AUDIOLOGY

For more information contact



ENT Surrey  
Gatwick Audiology

01444 416225  
0333 011 7717