

**Information for Parents of Children
who have had a Myringotomy
with/without Grommets
Rainbow Unit
(Children & Young Persons)**

Your child has had a myringotomy (for one ear) or bilateral myringotomies (for both ears).

What is a myringotomy?

The operation is usually performed to drain the build up of fluid, which has collected behind the eardrum.

During the operation a small slit is made in the membrane of the drum to release fluid. If fluid is present a small ventilation tube (grommet) may be inserted. The tube is very small, but it allows air to enter the middle ear. Your child should then be able to hear more clearly.

What aftercare does my child need?

You must keep the ears dry and avoid soapy water because this can irritate the ear(s). We advise you to place a piece of cotton wool, smeared with Vaseline into your child's ear(s) whenever he/she needs a bath/shower or hair washed.

If your child has had drainage of ear(s) but NO grommets, please follow the advice for two weeks. If your child has had grommets inserted, please follow the advice until he/she returns for a follow up outpatient clinic appointment.

The doctor will check whether the grommet is still in place and is functioning. Your child will also have a hearing test (audiogram) to check that he/she is still able to hear properly.

Can my child go swimming?

If grommets have been inserted, your child **must not go** swimming until he/she has been seen at the follow up clinic.

If your child does not have grommets inserted, she/he **may go swimming after 2 weeks.**

How soon can my child go back to school?

Your child may go back to school as soon as he/she feels well enough.