

Instructions to Patients Following Myringotomy/Tubes Surgery

ENT Ear, Nose & Throat *SpecialtyCare*

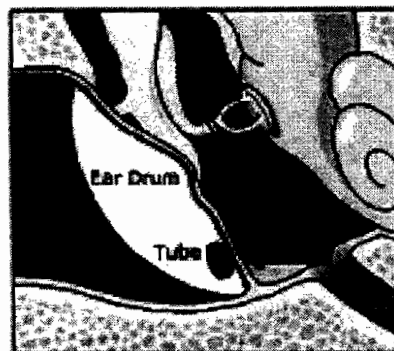
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Myringotomy and tubes ("EAR TUBES")

What was done

A small incision was made in the eardrum and a tiny tube was placed to keep the incision open.



Why it was done

The tube provides ventilation for the middle ear, which can prevent fluid build up, reduce infections, improve hearing and permit direct placement of medicines in the middle ear.

Post operative care

Your doctor may have prescribed ear drops. The bottle or prescription will tell you when, how much and how long to use the drops.

To give the drops:

- *Lie down or tilt the head so the ear is facing up.*
- *Place the drops directly into the ear canal.*
- *Press on the flap of skin and cartilage in front of the ear canal (the tragus) several times to plunge the drops down through the tubes.*

It is not unusual to taste the drops in the back of the throat.

Occasionally there may be a minimal sensation of burning in the ear with drop instillation.

What to expect

Some drainage is normal for a few days or while you are using drops (drainage may be bloody). Pain is usually minimal to none and, if present, may be controlled with Tylenol or ibuprofen. Hearing is often better immediately but may feel distorted for several days. Initial sensitivity to sounds (especially loud noises) is not uncommon.

Water exposure

Unless your doctor recommends otherwise, ear plugs are not needed for routine showering, splashing or playing in the water.

If you dive more than two feet underwater or if your head is submerged in soapy water, then ear plugs are needed to keep the water from entering the middle ear, which may cause an infection.

When to call

- if the pain is not controlled with over the counter medications
- if the drainage continues after you are finished using the drops
- if the drops cause severe pain
- if redness, swelling or scaling develop on the ear
- if you have other questions or concerns

Follow up

If an appointment has not already been made, please call today to schedule a follow up appointment for 2-6 weeks from your surgery date, unless you are instructed otherwise.

More information

The tubes typically remain in the ears for six months to two years and usually fall out on their own. You are not likely to see the tube when it falls out.

You should have regularly scheduled ear exams until the tubes fall out -- your doctor will determine the follow-up schedule.

You can still have an ear infection after having tubes. It typically causes ear drainage and is usually painless. These infections are best treated with antibiotic ear drops. Most of the time oral antibiotics are unnecessary.

If you have any concerns, please call the office.