

## Post-Operative Instructions for Myringotomy and Ear Tubes

1. The patient should rest and enjoy quiet activities today.
2. The patient may resume usual activity and school or work tomorrow.
3. The patient may have liquids and light foods today and resume a normal diet tomorrow.
4. It is important to keep the EARS DRY. Use earplugs or cotton with Vaseline® over the outside of the outer ear when washing hair, bathing or showering.
5. It is best not to swim or dive. If you must, earplugs and custom swim molds are available. Our office sells custom earmolds and the Ear Band-It®.
6. If the head is submerged in water or water enters the ear during a shower, immediately use the antibiotic eardrops the doctor prescribed after the surgery.
7. Medication is placed in the ear following surgery, so it would be normal to see some discharge (even bloody) on the first day. Beyond the first day, this discharge is no longer normal, and you need to contact the office.
8. Please use the prescribed eardrops as directed by your physician. If you have any numbing eardrops, such as Auralgan, please discard them, as you cannot use these while your child has tubes. There is not much pain following the insertion of tubes. TYLENOL® should be able to control any discomfort.
9. It is normal to have some popping, clicking and other sounds in the ears for a few days. You should not have dizziness, pain, ear drainage or bleeding after two days. If you do, please call the office.

***Please call the office if you have any changes in the amount or kinds of drainage from ears, especially bloody drainage, changes in hearing, fever, nausea, vomiting or a stiff neck.***