

Post-op Instructions Myringotomy and Insertion of Tympanostomy Tubes (Ear Tubes)

Medications:

Ear drops will either be given to you or prescribed to you after surgery. Place 3-4 drops into each ear twice daily for 3 days or more as directed by your surgeon. You do not need to refrigerate ear drops. If your bottle is cold, warm it up in your hands for a few minutes to bring the eardrops to body temperature or keep the bottle in your pocket, as cold ear drops can cause brief, but unpleasant vertigo.

Take over the counter Tylenol or Ibuprofen for any discomfort or fever. In general, insertion of ear tubes should not cause much pain. It is also not uncommon to have a low grade fever the day after surgery. Ear drainage sometimes mixed with blood for a few days is a common occurrence after insertion of ear tubes. Keep a cotton ball in your ear to catch the drainage until it resolves. You may also experience popping, clicking or other sounds in the ear after surgery.

Avoid any other ear drops besides the ones given to you after surgery. Ear drops commonly prescribed for pain such as Auralgan, which contain benzocaine and antipyrine, as well as ear drying drops and even homeopathic remedies can burn the middle ear after tubes have been placed. If you are unsure as to which ear drop to use, call the office.

Ear care:

Keep your ears dry. Water from showers or bathing generally does not cause problems and should not need ear plugs. If you plan to swim, especially if your head is going under water more than 2-3 feet, obtain ear plugs especially made for swimming and diving.

Diet:

After surgery it is not uncommon to have some nausea and occasionally vomiting. Eat a bland light meal or a liquid diet on the first day after surgery.

Follow up:

You should have an appointment to see your surgeon often with a pre appointment audiogram after your surgery. Call our office if you do not have an appointment already scheduled. All emergency situations must be referred to St. David's North Austin Medical Center (12221 N. Mopac Expressway 78758, 512-901-1000).