

## Myringotomy and Tube Placement

**Disclaimer:** *The following information should not be considered medical advice or a substitute for a consultation with a physician. If you have a medical problem, contact your physician for diagnosis and treatment.*

**General Anesthetic:** After a general anesthetic, you may experience some weakness, dizziness, and sleepiness. A responsible adult must stay with you for 24 hours because of the effects of the anesthesia. Adults should not drive a car, operate dangerous machinery, or make important or legal decisions for 24 hours after anesthesia or while taking pain medication.

**What to expect:** Slight discomfort. Cotton will be placed in the ear after the surgery and there may be some blood tinged drainage. This is normal and should stop within 24 hours. Some drainage may persist as long as the drops are given.

**Diet:** Start with clear liquids such as water, Gatorade, apple juice, popsicles, and Jello. Advance to a normal diet as tolerated.

**Hydration:** This is very important during the recovery period and will help the healing process. Avoid alcoholic beverages with cause dehydration and thickening of mucous.

**Fever:** It is not uncommon to run a low-grade fever, which can be expected after surgery. A fever below 101.5 degrees often clears and should not cause concern.

This is probably the result of mild dehydration and the healing

**Medications:** You may be prescribed ear drops. If so, please follow these instructions:

- Read the instructions on proper techniques for giving drops.
- Place 3-5 drops in the ear three times per day.
- Complete course as prescribed by your physician.
- After three days, place the bottle of drops into the refrigerator. Warm bottle to body temperature by holding in hand prior to administration.
- If there is a significant amount of yellow, bloody or green drainage after three days, continue the drops and call our office.
- Use Tylenol every four hours as needed to relieve discomfort.

**Activities:** Normal activities can be resumed the day after surgery. The ears should be protected from water after tube placement: This may include:

- Swimming, sprinklers, bathing and shower.
- When swimming in lake or below the surface.

Please use ear plugs or cotton rolled in Vaseline. Cotton alone will not work.

Ask about pre-formed or custom molded earplugs or headbands for water prevention. “Putty Buddies” may be used.

**Follow-up:** The post operative appointment will be with your physician 4-6 weeks after surgery with an audiogram. Please call **206-215-1770** to schedule an appointment immediately if it has not been scheduled.

**Contact your physician if you experience:**

1. Excessive bloody drainage or pain.
2. Persistent severe pain not relieved by medication.
3. Elevated or persistent fever ( $>101^{\circ}$  for 2 days).
4. Vomiting after stopping prescription pain medication, or reaction to the post-op medications.



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