COLLIN COUNTY ENT

MYRINGOTOMY POST OP INSTRUCTIONS

PHONE: 972-596-4005

You may have questions about the post-operative period. This sheet will address the most frequently asked questions.

**IMMEDIATE POST-OPERATIVE PERIOD**

The patient will likely be sleepy in the immediate post-operative period. This is due to the anesthetic agents and may last up to several hours. The patient may have nausea and vomiting. This can be controlled with medication. Pain medications will be given as needed to alleviate the pain; although much pain is rare. Once the patient is awake enough, the recovery room nurse will give him/her something to drink. Once the patient can drink some liquid and keep it down, the patient can be released from the recovery room. At this point, the patient will either be discharged home when all of the discharge criteria are met or admitted into the hospital as previously planned. Most patients will be discharge home the day of surgery if just having ear tube surgery.

**MEDICINE**

The patient will be discharged with antibiotic ear drops. It is important to take this as instructed. It will facilitate more rapid healing. In some cases, an oral antibiotic may be prescribed. Minor pain or fever should be treated with Tylenol.

**ACTIVITY RESTRICTIONS**

1. Avoid strenuous activity for the first day. The level of activity should be slowly increased after the first post-operative day as tolerated
2. Absolutely no diving while the tubes are in place
3. Swimming is only allowed if the patient has molded earplugs. Do not substitute with silicon plugs or with Silly Putty. These substances will soften due to the body’s temperature and you may not be able to get them back out without a trip to the operating room.

**POST-OPERATIVE CARE**

Water precaution is critical. It is of utmost importance that water does not enter an ear canal with a myringotomy tube in the eardrum. This can set up infection. Whenever the patient is exposed to water, a protective plug should be placed in the ear canal. If it is just for bathing purposes, this plug can be a cotton ball saturated with any petroleum-based ointment, such as Bacitracin, Polysporin, Neomycin, or even Vaseline. Molded ear plugs purchased from our office are acceptable. You will need an appointment to make the ear plugs. A small amount of moisture on the ear plugs may be normal after they are removed from the ears.

**RETURN TO WORK/SCHOOL**

Most patients are able to return to work/school the day after the procedure

**FOLLOW UP**

You should already have a follow up appointment scheduled for 1 -2 weeks after the day of surgery. If you do not, please call our office and schedule that appointment. You will be seen by one of our physician assistants for this follow up. You will have another hearing test following surgery.

**ANTICIPATED PROBLEMS & COMPLICATIONS**

1. Fever – a low grade fever (less then 101) is common during the first 48 hours after surgery. This can be readily treated with Tylenol or Ibuprofen. Please call our office if the temperature is above 101.5.
2. Nausea/Vomiting – This is not uncommon during the first 24 hours and usually disappears after 48 hours. This nausea could be a reaction to the anesthesia.
3. Ear Pain – this is usually limited to the first 24-48 hours and readily treated with Tylenol
4. Drainage – There may be a small amount of bloody or discolored drainage from the ear. This is normal. If the ear is still draining after completion of antibiotic ear drops, please call our office.