

# **MYRINGOTOMY WITH OR WITHOUT TUBE PLACEMENT**

## **PREOPERATIVE/POSTOPERATIVE INSTRUCTIONS**

- **NOTHING BY MOUTH AFTER MIDNIGHT BEFORE SURGERY.** For children under one year of age, nothing by mouth 4-5 hours prior to surgery. Any oral intake too close to the time of surgery will lead to cancellation of the procedure. **DO NOT DRIVE** yourself, if you are the patient, from the hospital after surgery.
- For any pain or discomfort after surgery, Tylenol or ibuprofen as directed is usually adequate.
- Unless otherwise directed, use the antibiotic drops given at surgery, 2-3 drops, each ear, twice a day, for two days. The surgeon will give the first dose at the time of surgery, so you need only give the drops three more times.
- Changes in altitude will be **IMPROVED** after surgery, so no need to limit activity or travel.
- If the patient is on oral antibiotics for ear infections at the time of surgery, you may stop these after surgery.
- There is no need to use earplugs for water protection in bathtubs, chlorinated pools, and back yard pools. Try to avoid swimming in lake water with tubes in place if the head will be submerged. There is a very small risk of developing a draining ear infection if water contamination carries bacteria through the tube and behind the eardrum, however this can usually be easily treated with antibiotic eardrops. If ear protection is desired, a cotton ball coated with Vaseline or antibiotic ointment, or silicone earplugs can be used.
- The most common tubes placed are designed to stay in the eardrum for approximately one year.
- If there is fever following the procedure, and there is no visible drainage from the ear, the ears are probably **NOT** the source. Most often this is a viral infection, so appropriate treatment with Tylenol or ibuprofen is indicated. If there is thick drainage from an ear, you may begin using the antibiotic ear drops in the affected ear three times a day. If drainage doesn't resolve in 5 days, please arrange for a return visit.
- Please call (303) 487-0834 to arrange your postoperative appointment two to four weeks after surgery, unless otherwise instructed.