
Myringotomy / Tympanostomy / Ear Tube Placement After Surgery Care

***** If Adenoidectomy was also done, please also use Tonsil Instruction Sheet. *****

Activities:

- Please see "Special Precautions".
- Anyone having a general anesthetic should not participate in any activity requiring mental alertness, physical coordination, or balance, e.g., driving, bicycling, etc., for 24 hours after the anesthetic.
- Avoid nose blowing for one week following surgery.
- Avoid cigarette smoking or exposure to smoke-filled environment. If you are a smoker and wish to stop, we have information to assist you.

Diet:

- Begin with clear liquid, advance as tolerated to a regular diet.
- Avoid alcoholic beverages for 24 hours following your anesthetic.

Medications:

- For best surgical result, take all medications as directed.
- Pain after surgery is usually minimal and should be controlled with Tylenol (liquid or tablets). Follow instructions on medication packaging for dosing.
- **Antibiotic ear drops (ofloxin or ciprofloxacin + dexamethasone):**
 - Start these drops on the first evening after surgery, then use 3-4 drops each morning and each night to the affected ear (s) for 3-7 days as directed.
 - Discontinue the drops if they are causing pain and contact the office to make an appointment to be examined.

How to use ear drops:

1. Tip your head to one side (operated ear up)
2. Drop the drops directly into the ear.
3. Keep the operated ear up for about five minutes before turning to do the other ear, if directed.

Special Precautions:

- **Keep bath water and dirty (lake/ocean) water out of the operated ear(s).**
 - **Bathing - Ear plugs** should be used when bathing or shampooing. Do not submerge your head, even with ear plugs in place, as entry of water may not be totally occluded by the plugs.
 - **Swimming** – Recent studies have shown no need for ear plugs in chlorinated pools or participating in water sports while ventilating tubes are in place.

- Literature has now pointed out that **you may swim in clean water or clean swimming pools; however, diving deeper than 6 feet is still restricted.**
 - If you experience any kind of infection or problems, the swimming should be stopped.
 - No scuba diving, skiing or other such type activities are allowed.
- **Keep all objects out of the ears, including Q-tips.**

Please call the doctor's office for:		(702) 834 - 5886
Drainage (Otorrhea)	A small amount of odorless clear or red-tinged drainage may be evident in the first 24 to 48 hours after surgery. It is not uncommon and requires no special attention. Foul-smelling drainage may indicate an ear infection and an examination and treatment are usually necessary. Call the office to notify them of this problem.	
Dizziness	Dizziness and excessive ear pain do not usually accompany this surgery. Should these symptoms occur, an examination will be necessary.	
Fever	A slightly higher temperature is normal after surgery. A moderate high fever (oral temperature over 101 degrees) may mean there is an ear infection and should be reported to the office.	
Pain	If your ear pain is not relieved by Tylenol, or you have pain with more redness or swelling of the ear, notify the office.	

Results:

- Hearing is generally improved immediately after surgery and continuing improvement may be noted for several days. If hearing does not improve or if hearing loss reoccurs, then an examination will be necessary.
- The tube(s) in the ear drum will help to ensure the best possible hearing in the operated ear(s) and can prevent the reappearance of fluid behind the eardrum. If a tube(s) becomes blocked, or is displaced out of the ear drum head, the original problem may reappear unless the eustachian tube (the body's built-in ventilation tube for the middle ear) has healed and improves in this function.

After Surgery Care:

- Schedule your first after surgery visit 1-2 weeks from the date of your surgery. Call the office to arrange the date and time, if this was not scheduled during your before surgery visit.

If you are uncertain about any of the above items or have any questions, please contact our office at **(702) 834-5886** from 8:00 a.m. to 5:00 p.m. Monday through Friday.

After hours, if you have an emergency, **call the office number first** and you will be connected to the on-call doctor. If you are unable to reach the on-call doctor, then go to the Emergency Department.