

## PATIENT INSTRUCTIONS FOLLOWING MYRINGOTOMY WITH EAR-TUBE PLACEMENT

1. Change cotton ball every day and as needed if it is stained/dirty. If there is minimal drainage from the ear a cotton ball is not needed. It is normal to see some bloody discharge for a few days after surgery.
2. Ear pain may be treated by OTC pain medications (acetaminophen, ibuprofen) -- use whatever has worked in the past for patient pain/discomfort/fevers.
3. Place the antibiotic ear drops twice daily (5-6 drops in each ear). Gently pulling the ear away from the patient's head will make it easier for the drops to slide down the ear canal. Place a fresh cotton ball after drop placement, which may be removed after a few hours. Keep the drops in a dark, dry place as they may be used later for ear infections
4. The patient may start showering/bathing and washing hair the day after surgery. Prior to bathing place a cotton ball coated with Vaseline or petroleum jelly into the ear canal. This will keep water from entering the ear. Please do not submerge your head under water. After two weeks the patient may start bathing as normal, without a cotton ball.
5. After 2 weeks the patient may swim in chlorinated pools/jacuzzis. Ocean, River, lake water should not be allowed to enter the ear. The patient may use Vaseline coated cotton balls or custom made swimming ear plugs for these types of water activities (these are available for purchase through our office or can be purchased elsewhere/online).
6. Follow up in the office with your Surgeon 3 months after surgery.

### Some Things You Can Experience After Surgery

1. Jaw discomfort, ear pressure, occasional jabbing pains in the ear, popping, pulsation, clicking and other sounds in the ear. At times it may feel as if there is liquid in the ear.
2. Low grade fevers
3. Viral infections, Common colds, "URIs", asthma/allergy flare-ups may all result in ear drainage, which is normal with ear tubes. If the drainage from the ear is thick yellow/green, foul smelling or the patient is complaining of pain you may restart the antibiotic ear drops and use them twice daily for 5 days. If you need a refill or a new Rx please call the office.

If you experience foul smelling or yellow-green discharge after you have completed the ear drops call the office for instructions.

Further Instructions: \_\_\_\_\_

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Instructions received with understanding: \_\_\_\_\_  
(Signature of responsible adult)

Signature RN \_\_\_\_\_ Date/ Time \_\_\_\_\_