



POST OPERATIVE MYRINGOTOMY & TUBES INSTRUCTIONS

PAIN: Some mild to moderate ear pain is common for a few days after surgery. For pain use Extra-Strength *Tylenol* (Acetaminophen).

HEARING: Some persistent mild hearing loss/plugged sensation for a few days after surgery is not unusual.

DIET: You may eat your regular diet and drink plenty of liquids.

ACTIVITY: Fatigue is normal for a few days after surgery. Regular walking and light activity are encouraged starting the day after surgery. Avoid strenuous physical activity including bending, straining, heavy lifting, or rigorous exercise for 1 week after surgery.

EAR CARE:

- (1) Apply 3 drops in each ear that had surgery, 3 times a day, for 3 days after surgery to dissolve any old blood and crusts in the ear canal and prevent infection.
- (2) Continued drainage from the ear even after you stop the drops is common for up to a week.
- (3) Showering is permitted the day after surgery but avoid getting water into the ear for a week by placing a small ball of cotton into the outer part of the canal.
- (4) Please make a **Follow-Up Appointment** for around 2 weeks after your surgery.

NOTIFY: our office immediately (643-9999) or go to the nearest Emergency Room (at Community Memorial Hospital if possible) if any of the following occurs:

- intense pain from the ear
- persistent active bleeding from the ear (not just old blood and clots)
- you have a fever more than a day after surgery which is higher than 101 Fahrenheit
- you have any other serious concerns

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