



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) Some drainage, occasionally blood tinged from the ear even is common for up to a week after tube placement.
- (2) 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.
- (3) Do not submerge your head under dirty (i.e. bath water) at any time with tubes in your ears.
- (4) Please make a **Follow-Up Appointment** for around 2 weeks after your surgery.
- (5) You will follow-up with Dr. Lueg every 3 months thereafter until your tubes fall out and your ear drums heal up.

NOTIFY: our office immediately (643-9999) or go to the nearest Emergency Room 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 101.5 Fahrenheit
- you have any other serious concerns

Dr. Edgar A. Lueg, MD, FACS, FRCSC

Rev 101812