

MYRINGOTOMY AND TUBES POST-OP INSTRUCTIONS:

- Diet
 - You may advance to a regular diet as tolerated.
 - Some patients have nausea associated with anesthesia. This should subside in 12-24 hours. If not, please contact our office nurse.
- Activity
 - There are no restrictions on activity.
 - Children can return to school/daycare 24 hours after anesthesia.
- Pain
 - Some patients experience ear pain after surgery.
 - Pain is usually well-controlled with over-the-counter medications such as ibuprofen (Motrin, Advil) or acetaminophen (Tylenol).
 - If over-the-counter medications do not help, please contact our office nurse.
- Bathing and swimming precautions
 - Bathe and shower normally after tube placement.
 - When swimming in a pool, earplugs are not required unless there is discomfort from diving or submersion. Earplugs are available in our office if needed.
 - Earplugs are not typically required for ocean or lake swimming either, but occasionally swimming in such environments may cause ear drainage. Contact our office if that occurs.
- Medications
 - Antibiotic eardrops are often prescribed after the procedure. Please use them as directed.
- Ear drainage
 - Drainage from the ears can occur after surgery. It may have a foul odor or may be bloody.
 - Antibiotic eardrops are often used to treat this.
 - Please call our office nurse if drainage persists after 4-6 days.
- If you have any questions or concerns, please call the office and ask to speak with the nurse.