

# MYRINGOTOMY AND TUBE PLACEMENT

1. Diet: Advance to a regular diet as tolerated. Some people have nausea associated with anesthesia. This should subside in 12 to 24 hours. If not, please contact our office nurse.
2. Activity: There are no restrictions on activity.
3. Pain: Some patients may experience ear or throat pain after surgery. Pain can usually be controlled with over the counter medications such as ibuprofen (Motrin®) or acetaminophen (Tylenol®). If over-the-counter medications do not help, please contact our office nurse.
4. Bathing and Swimming Precautions: Bathe and shower as normal after tube placement. Earplugs should be considered for lake or ocean swimming. When swimming in pool water, earplugs are not needed unless there is discomfort from diving or submersion. Earplugs are available in our office if needed.
5. Medications: Antibiotic eardrops are often prescribed after the procedure. Use them as directed. Oral antibiotics are only occasionally prescribed.
6. Ear Drainage: Drainage from the ears can occur after the procedure. The drainage may have a foul odor or may be bloody. Antibiotic eardrops are often used to treat this. Please call our office nurse if there is still drainage after using all the eardrops.