

ENT ASSOCIATES

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POSTOPERATIVE INSTRUCTIONS **MYRINGOTOMY AND INSERTION OF PE TUBES**

Diet:

Children or adults who have received general anesthesia may experience some nausea and occasionally, vomiting. It is therefore preferable to eat a bland light meal or a liquid diet on the first day after the surgery.

Activity:

- Keep the ears dry. Do not allow water to enter the ear after surgery. Plug the ears with a cotton ball and Vaseline petroleum jelly or ear plugs when showering, bathing or washing the hair.
- After 2 weeks, the ears may get wet in the shower, bath or chlorinated swimming pool. If swimming in lakes, rivers or oceans, use ear plugs.
- It is better not to swim or dive. Although ear plugs and swim molds are available, they are not fool-proof. These are available in all drugstores. Custom swim molds may be purchased in our office.
- If accidentally, the head is submerged in water or water enters the ear during a shower, use the antibiotic eardrops that were prescribed immediately after the surgery.

Medications:

- Eardrops are usually prescribed for 3 days after the surgery (Cortisporin Otic Suspension) or any other antibiotic eardrops, 3 drops 3 times a day, for 3 days). Do not refrigerate eardrops. Hold bottle in your hand for a few minutes to bring the eardrops to body temperature. Cold eardrops cause a brief but unpleasant vertigo. Following the insertions of PE tubes, there isn't much pain. Tylenol should suffice to control any discomfort.

Please note the following:

- If you have ear drops from your pediatrician used for pain such as Auralgan, Tympagesic, or Americaine, please throw them away. These drops will burn the middle ear tissue while the tubes are in place. The patient may experience a certain amount of pulsation, popping, clicking, and other sounds in the ear. A feeling of fullness or occasional sharp pain is not unusual in the early postoperative period. Tylenol should be sufficient for any discomfort.

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Follow-up:

- Please make a follow-up appointment to be seen in 1-2 weeks by calling the office at the phone number above.
- Tubes usually stay in the eardrums about an average of 1 year. They usually fall out on their own.
- It may be necessary to remove a tube if it remains in place beyond several years (assuming that the patient has not had ear infections).
- An ear infection is much less likely but still possible after tube placement, and you will notice pus-like drainage from the ear if an infection occurs. You can see your regular physician for this.

Thank you again for the opportunity to participate in your health care! Please let us know how we may make your surgical experience more pleasant!

JEFFREY C. NAU, MD