

MYRINGOTOMY AND INSERTION OF PE TUBES

Post-op Instructions

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.

Keep ears dry

1. 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 when showering or washing the hair.
2. 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.
3. 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 insertion 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 are not unusual in the early postoperative period. Tylenol should be sufficient for any discomfort.

Follow-up

Please return to follow up to be seen in the office as per the appointment that was given to you

PHONE: 410- 554 4455 at our Union Memorial Hospital office, 433-444 4848 at our Good Samaritan Hospital office, 410-554 NOSE (6673) at our Lutherville Office
