



POSTOPERATIVE CARE OF THE MYRINGOTOMY/TUBE PATIENT

Water Protection

Patients should protect the ears by placing earplugs in the ears when swimming and when bathing until their initial follow-up appointment after surgery.

Plugs may be silicone wax, custom-made, or cotton balls coated with Vaseline.

After the patient's initial postoperative visit, earplugs are to be used whenever going more than 2ft underwater or anytime the ears are exposed to unclean water (lakes, rivers, ocean, etc.).

Eardrops

Eardrops will be prescribed at the preop visit and will begin the evening after the patient has surgery. Please see the label from the pharmacy to determine how many days the drops are to be used after surgery, as this varies by physician.

Ear drainage

Drainage of fluid from an ear that has a tube in it is not normal but is common, especially in children during upper respiratory infections.

The drainage may be clear, white, yellow, green, orange, or red.

If the ear begins to drain, please follow these instructions:

- Start using the eardrops and continue using them twice daily for 7 days unless the patient experiences burning. This usually indicates that the infection is clearing. Decrease the number of drops until they no longer burn. Discontinue drops if 1 drop burns.
- If the ear is red or swollen, or if you do not feel the eardrops are going down into the ear canal, please contact your physician's nurse.
- Do not instill drops in an ear that is not draining. This may cause pain, dizziness, or hearing loss.

Please contact our office at [478-743-8953](tel:478-743-8953) if you have any questions or concerns.