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## **Myringotomy with Tube Placement and/or Removal Home Care Instructions**

### **What to Expect**

- You may see a tiny amount of bloody drainage from the ears for the first 48 hours after the tubes are placed. This is normal and will go away quickly.

### **Diet**

- Any food is alright to eat after the surgery.

### **Precautions**

- Do not insert anything into the ear canals such as cotton swabs, fingers or hair pins.
- You do NOT have to protect the ears for the bath or shower or for splashing in water at the surface. You DO need to place earplugs for swimming one or more feet underwater. (Please ask to see an Audiologist to discuss *Doc Plugs*, *custom ear plugs* or *swimmer bands*)

### **Ear Drops**

- Some patients may receive an ear drop prescription or a take-home bottle. Always store the drops at room temperature and increase to body temperature before placing in the ears.
- To use-
  1. Tilt the head and insert the correct number of drops into the ear with an ear or medicine dropper.
  2. Then, gently press on the small, thick flap that sticks out over the ear canal five times in a pumping motion.

### **Call your doctor if**

- Drainage that is thick, green, yellow or has a foul odor.
- Temperature is over 101° within the first 24 hours.

### **Activity/Restrictions**

- There are no activity restrictions after surgery except when underwater, as above.
- You should be able to return to work/school within 1 day.