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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.
- DO NOT GET ANY WATER IN THE EARS. You should use dry ear precautions such as ear plugs to avoid water exposure. (Please ask to see an Audiologist to discuss *Doc Plugs, custom ear plugs* or *swimmer bands*)
- If water does get in the ear-
 1. Tilt the head to the side to allow the water to drain out of the wet ear.
 2. Place a dry towel to the ear to absorb the water.
 3. Use a blow dryer on a warm, low setting to gently blow over the ear to help evaporate the water.

Ear Drops

- Some patients may receive an ear drop prescription. 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

- Avoid vigorous activity for the first 48 hours after surgery.
- You should be able to return to work/school within 1-2 days.