
POST-OPERATIVE INSTRUCTIONS: MYRINGOTOMY AND TUBE PLACEMENT

Immediate Post-Op Care:

Use the eardrops as instructed by the physician. There are no restrictions on activity except for bathing and swimming as noted below.

Pain Control:

Typically, there is no significant pain after ear tubes are placed. Occasionally a child will continue to pick at the ears as they get used to the new sensation of no longer having fluid inside their ears. This will typically pass in 1-2 weeks. If the child is irritable, use Tylenol or Children's Motrin as needed.

Ear Drainage:

Some patients will have a slight amount of drainage (sometimes blood-tinged) for 2-3 days after the surgery. Using the eardrops as prescribed will typically correct this drainage. Warm the drops by putting the bottle in your pocket for 15-20 minutes before placing them in the ear.

In some patients, ear drainage occurs weeks or months after the surgery. This is most commonly associated with nasal drainage (that is, when they have a cold). Use the eardrops for 3 days. If the drainage lasts longer than 3 days, contact our office.

Bathing:

The ears must be kept dry. The most common cause of ear infection is getting water in the ears. For children under one year of age, a cotton ball coated with Vaseline is adequate for washing hair. If water does get in the ear, use one dose of the eardrops to prevent infection.

Swimming:

Custom molded earplugs are strongly recommended for older kids swimming underwater. Contact us for earplug options.

If water does get in the ear, use one dose of the eardrops to prevent infection.

Duration of Tubes:

Tubes generally stay in the eardrum from 6 to 12 months but occasionally will come out in only a few weeks or months. The tubes usually work themselves out and the eardrum typically heals on it's own. If one tube comes out early, it is not put back in immediately unless ear infections recur.

A "T" tube is a longer-term tube that generally stays in from 2 to 5 years.

Future Need for Tubes:

If the fluid and infections return after the tubes come out, another set of tubes may be necessary. 30% of children that get ear tubes will end up needing one or more additional sets.