Myringotomy with Tube Insertion

Diet
You may advance to a regular diet as tolerated. Some patients have nausea associated with anesthesia. This should subside in 12-24 hours. If not, please contact our office nurse.

Activity
There are no restrictions on activity.

Pain
Some patients may experience ear pain after surgery. Pain is usually well controlled with over-the-counter medications such as ibuprofen (Motrin, Advil) or acetaminophen (Tylenol). If over-the-counter medications do not help, please contact our office nurse.

Bathing and swimming precautions
Bath and shower as normal after tube placement. When swimming in a pool, earplugs are not needed unless there is discomfort from diving or submersion. In lakes, streams, rivers and oceans it is important to wear earplugs. Earplugs are available in our office if needed.

Medications
Antibiotic eardrops are often prescribed after the procedure. Please use them as directed. Oral antibiotics are occasionally prescribed.

Ear drainage
Drainage from the ears can occur after surgery. It may have a foul odor or may be bloody. Antibiotic eardrops are often used to treat this. Please call our office nurse if drainage persists after 4-6 days.

How long do the ear tubes stay in the ear?
The tubes will work themselves out on average in 12 to 18 months. The patient may still pull at his/her ears, but if they are infected, they should drain. Patients should be seen for regular check-ups until the tubes come out of the ear.

If you have any questions or concerns, please call the office and ask to speak with the nurse.