

Post Operative Instructions - Myringotomy and Tube Insertion

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This instruction sheet is designed to help you care for your ear following surgery, and to answer many of the commonly asked questions. *Please read the entire sheet carefully.* Don't hesitate to call our office 613-544-3400 x3620 if you have a question or concern. If Mary cannot answer your questions, the doctor will return your call or you will be asked to come to the office.

Leaving the Hospital

- Have family/friends drive home slowly to minimize dizziness.

Home Care-The First Few Days

- It is normal for the ear to drain for a few days. The drainage can be blood-tinged or brown. If the drainage become yellow, green, or has a foul smelling odor, call Dr. Beyea's office.
- **Do not clean the ear canal with cotton swabs.**
- The auricle (outer ear) can be wiped gently with a soft cloth or cotton swab to remove dried blood, but if the ear is tender this is not necessary.
- You may wash your hair 2 days after surgery. **Keep all water out of the ear canal** by using a cotton ball heavily coated with antibiotic ointment placed in the outermost part of the ear canal.
- You may hear a variety of noises in your ear such as cracking and popping. This is part of the normal healing process.
- You may not be able to hear well from the operated ear(s).
- It is not uncommon to feel slightly dizzy or lightheaded.

Home Care-After the First Few Days

- Any drainage from the ear should begin to decrease and pain should also subside. You may need to continue taking Ibuprofen or Tylenol for mild pain relief.
- **Continue to keep all water out of the ear canal.**

First Follow-up Appointment

- You will be given a follow-up appointment with Dr. Beyea prior to leaving the hospital.

Call office if:

- Increased pain not relieved by prescription medications.
- Large amounts of bleeding from the ear area.
- Pus/Foul smelling drainage from the ear.
- Redness in the ear area.
- Temperature over 38°C on 2 consecutive readings.
- Severe dizziness