



MYRINGOTOMY AND INSERTION OF PE TUBES Post-op Instructions

Diet

Children or adults who have received general anesthesia may experience some nausea and occasionally vomiting. It is therefore preferable to eat a bland light meal or a liquid diet on the first day after the surgery.

Keep ears dry

1. Keep the ears dry. Do not allow water to enter the ear after surgery. Plug the ears with a cotton ball and Vaseline petroleum jelly when showering or washing the hair.
2. Although ear plugs and swim molds are available, they are not foolproof. These are available in all drugstores. Custom swim molds may be purchased in our office.
3. If accidentally the head is submerged in water or water enters the ear during a shower, use the antibiotic eardrops that were prescribed immediately after the surgery or use a hairdryer to the ear.

Medications

Eardrops are usually prescribed for one week after the surgery. Do not refrigerate eardrops. Hold bottle in your hand for a few minutes to bring the eardrops to body temperature. Cold eardrops cause a brief, but unpleasant vertigo. Following the insertion of PE tubes, there is not much pain. Tylenol should suffice to control any discomfort.

Please note the following:

If you have eardrops from your pediatrician used for pain such as Auralgan, Tympagesic, or Americaine, please throw them away. These drops will burn the middle ear tissue while the tubes are in place. The patient may experience a certain amount of pulsation, popping, clicking, and other sounds in the ear. A feeling of fullness or occasional sharp pain are not unusual in the early postoperative period. Tylenol should be sufficient for any discomfort.

Follow-up

Please call **(909) 466-8400** to schedule a follow-up appointment in one week after surgery.