



## **MYRINGOTOMY WITH PRESSURE EQUALIZATION TUBE PLACEMENT POST-OPERATIVE INSTRUCTIONS**

### **POST-OPERATIVE CARE**

If there was fluid in the middle ear(s) at the time of your procedure, ear drops will be recommended to prevent post-operative ear drainage or obstruction of the tympanotomy tube. The usual dosage is 5 drops applied to affected ear two times a day for 3 days or as instructed by your provider. Place a Vaseline-coated cotton ball in the ear(s) when bathing to prevent water from getting in the ear and through the tube.

### **MEDICATIONS**

Discomfort following tympanotomy tube placement can usually be controlled with Tylenol, if needed.

### **ACTIVITY**

Avoid diving and surfing after the tube is placed. You may go swimming on the surface of the water with an ear plug in. If water is able to get through your tube, it can make you dizzy. In the future, you may have custom ear molds made by one of our audiologists to be used when swimming and bathing. Or you can purchase ear plugs (i.e., Silicone plugs, Doc's Pro Plugs) at your local pharmacy to prevent water from getting into the tube.

### **DIET**

You may resume normal diet after the procedure.

### **WORK**

You may return to work the following day after your procedure.

### **TRAVEL**

There are no flying restrictions after your procedure. The tubes will allow pressure to equalize across the ear drum and therefore, you will no longer experience pain from pressure changes while flying.

### **CALL OUR OFFICE (760) 479-2100**

For a persistent temperature above 101.5 degrees or severe chills, nausea or vomiting, pain not relieved by oral medication, difficulty breathing, bleeding or vertigo.

### **FOLLOW UP APPOINTMENTS**

Your post-operative visit is approximately 3-6 months after your procedure.