

SURGEONS

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HOME CARE AFTER TUBE PLACEMENT

EXPLANATION OF PROCEDURE

The procedure done today was a myringotomy (a small incision made in the eardrum) and insertion of tubes. The tubes are ventilating tubes, not drainage tubes, which allow equal pressure on both sides of the eardrum. This is usually performed to treat recurrent ear infections and / or fluid in the middle ear.

WHAT TO EXPECT

Depending on the condition at the time of surgery, the ears may or may not drain. If they drain, they may drain for 2 or 3 days and the drainage may be clear, purulent (thick and cloudy, like pus) or bloody. You may choose to place a dry cotton ball in the outer ear to absorb the drainage. Please change the cotton balls when soiled. If the ears drain and no drops were prescribed, please call our office at (423)267-6738.

Generally it is permissible for water to get into the ear when bathing, swimming, etc. However, if your doctor instructs you to keep the patients' ears dry, he may suggest ear plugs or ear putty for activities where the head is in contact with water. A temporary way to keep the ears dry is to insert a cotton ball dipped in petroleum jelly (such as Vaseline) into the outer ear when the head will have contact with water. The petroleum jelly side of the cotton ball should be away from the ear. Do not use a dry cotton ball because this will act like a wick and soak the water into the ear.

Do not clean the ear with Q-tips. Use a wash cloth which has been wrung almost completely dry.

Some ear discomfort may be experienced. If the tubes were placed without a tonsillectomy or adenoidectomy being done, discomfort will be minor and Tylenol or Children's Advil should be sufficient.

MEDICATION ADMINISTRATION

1. For **pain relief** you may administer acetaminophen products (Tylenol) or Ibuprofen (Advil) up to every 4 hours following package directions.
2. Your doctor may have given you drops to use in the ear. Placing drops in the ear **may cause considerable discomfort**. Occasionally eye drops are prescribed for use in the ears. Warming drops in the hands until they approach body temperature also decreases discomfort. Do not use any drops unless directed by your physician. Call the office (423)267-6738 if the patient is extremely uncomfortable or irritable after receiving drops.

Give _____ drops, using _____ drops in the draining ear(s) _____ times a day for _____ days.