

PERIOPERATIVE SERVICES
Post-Operative Instructions
Myringotomy and Tube Insertion Surgery

PAIN:

You may have some discomfort after your surgery for 48 hours. Use Tylenol™ (acetaminophen) and or Advil™ (Ibuprofen) as directed for pain medication. Your Surgeon may have also given you a prescription for extra pain medication. Use as directed.

OPERATIVE SITE:

You may notice some bloody discharge from the operated ear for 2 to 3 days. You may be discharged from the hospital with a cotton ball resting in the outer ear canal. The tube in your ear usually remains in place for 6 to 12 months, sometimes longer, and will usually fall out spontaneously. The small perforation in the eardrum usually heals on its own. However, your Surgeon will follow your progress and decide if retained tube needs to be removed.

ACTIVITY:

You may resume regular activities when you are able. Avoid ear infections by preventing water entry into the ear while the tube is in place. Place a cotton ball in Vaseline in the ear canal or use earplugs recommended by your Surgeon when exposed to water.

DIET:

As tolerated.

FOLLOW-UP:

Your Surgeon will advise you of your follow-up appointment the day of your surgery. If you are a Day Surgery patient, a Nurse from the Day Surgery Unit may call you the day after your surgery to discuss any concerns.

CONTINUED ON OTHER SIDE →

NORS 590-15-11



Queensway
Carleton Hospital

ADDITIONAL INFORMATION:

Go to the nearest Emergency Department if you have any of the following:

- High fever (38°C or 100.4°F) and/or chills lasting more than 24 hours
- Foul smelling drainage from ear
- Severe pain not relieved by pain medication

Patient safety is very important to Queensway Carleton Hospital and this information is provided to patients and their families to help inform you of your essential role in your own safety.

The information contained on this sheet is not specific medical advice, nor a substitute for medical advice. For your safety, it is advised that you speak with your Doctor and Healthcare Team about your particular healthcare needs.

Protect yourself! Clean your hands frequently and ask your healthcare providers and visitors to do the same. Clean hands save lives.