



# MYRINGOTOMY WITH TUBE INSERTION DISCHARGE INSTRUCTIONS

## DIET

- Resume previous diet

## ACTIVITY

- No restrictions

## MEDICATIONS

- \_\_\_\_\_ Ear drops \_\_\_\_\_ times per day, for \_\_\_\_\_ days.
- Discomfort or fever is usually relieved by Tylenol or Motrin.
- Do not take aspirin, see Pain Control Sheet for additional instructions.
- If oral antibiotics were prescribed, please take all the medication.

## FOLLOW-UP

- If arrangements for follow-up have not been made before you leave the surgery center today, please call the office you are usually seen in to make those arrangements.

## WORK/SCHOOL

- You may return the day after surgery.

## INFORMATION

- Bloody drainage from the ear is normal and will reduce over the first 3 days.
- Report drainage from the ear that persists longer than 5 days.
- Notify the doctor for fever if it persists above 102.5 during the first 24 hours of surgery.
- Swimming and bathing are allowed while the tubes are in. **NO EARPLUGS ARE NEEDED.**
- Should you have increased drainage and irritation related to prolonged water exposure, use the antibiotic drops given to you after surgery. If this does not relieve the problem in 3 days, call our office.