

Arizona Sinus Center

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Post-operative Instructions Following

Myringotomy and tube placement

General:

Myringotomy means a surgically-created hole in the ear drum. After a myringotomy is performed a tube is often placed in the hole to keep it open. This procedure is designed to allow equalization of pressure between the middle ear space and the outside environment. Myringotomy and tube placement are necessary when the Eustachian tube (natural ventilation duct between the throat and middle ear) does not function properly. Generally, the pressure equalizing tube placed at the time of surgery remains in the ear drum anywhere between 4-18 months. Variable ear drum healing and different types of tubes can make this duration shorter or longer. The procedure is usually performed under local anesthesia (numbing medication only) in adults and general anesthesia (completely asleep) in children.

Diet:

There are no dietary restrictions following myringotomy and tube placement.

Pain control:

You may experience mild ear pain following myringotomy and tube placement. This is usually well controlled with acetaminophen. Occasionally mild narcotic pain relievers may be prescribed by your surgeon.

Continued on opposite side

Ear Care Following Surgery:

Please use the medicated ear drops as prescribed by your surgeon. Avoid submerging your head under water as this could allow water to enter the middle ear space through the tubes and temporary pain, vertigo or infection may result. Small amounts of clean water (shower or well-maintained pool) may enter the ear canal and usually do not cause problems while the tubes are in place. If the ear canals feel wet after showering or swimming you may gently wipe the outer-most portion of the ear canal with a tissue (do not enter the ear canal with a Q-tip® or your finger). A hair dryer blown over the ear also helps to dry the ear canal.

Follow-up appointment:

Your follow up appointment in the office will be 3-4 weeks following your surgery. This visit should be scheduled prior to your surgery. If you do not have the appointment made please contact our office.

Please call our office immediately if you experience:

- *Vertigo (room spinning or tumbling sensation)**
- *Acute decrease or loss of hearing**
- *Bleeding or discharge from the ear**
- *Fever greater than 101 degrees Fahrenheit**

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