



INSTRUCTIONS FOR MYRINGOTOMY AND TUBE INSERTION

Pre-Operative:

1. NO FOOD AFTER MIDNIGHT THE NIGHT BEFORE THE PROCEDURE.
2. Clear fluids **only** may be permitted up to 4 hours prior to surgery (ie Apple Juice, Water, etc.). **NO MILK!** Please confirm when your child should stop clear fluids when you are given the hospital arrival time.

Post-Operative:

1. There may be some discharge of fluid and blood post operatively.
2. Discomfort may be treated by Tylenol (dose appropriate to weight).
3. If you are prescribed drops, use two drops twice per day for three days unless otherwise instructed.
4. When washing hair or bathing, place a cotton ball covered in Vaseline in the ear to prevent water from entering for three days post op. After that, no precautions are required unless the child is lying down in the tub.
5. Avoid swimming until instructed by doctor.
6. If your child is swimming/diving more than 4 feet deep in a public pool or swimming at all in lake or ocean water they need to wear custom swim molds as well as an Aqua Band (neoprene headband to be worn over ear plugs). Both can be purchased through your local hearing aid provider.
7. Do not place Q-tips or other objects into the ear.
8. If blood or drainage is visible, gently wipe away with a cloth. Please note this is common.
9. Your child may feel nauseated or vomit after the anaesthetic. This usually resolves in a few hours to one day post-op. Gravol (dose appropriate for weight) may be used for this.
10. Normal activities, daycare and school may be resumed two days post-op. (after one full day at home after surgery.)
11. Follow up within four weeks post op then every four months until the tube(s) extrude.
12. Please contact the office directly if you have any questions.