
Post-op Instructions for Myringotomy and Tubes

ENT of Athens

1. There may be drainage from your child's ear today. The drainage may also have some blood in it, but this is normal. If you feel that the drainage is excessive or is not improving, call the doctor's office. You may gently clean old discharge with a moist baby washcloth or large safety cotton swab.
2. Your child should stay home and rest quietly today (no daycare). Closely supervise your child today. By tomorrow morning, all effects of anesthesia should be gone. Normal activities may be resumed within the guidelines of your doctor's recommendations.
3. Around lakes, oceans, and rivers: keep water out of ears by using earplugs (Doc's earplugs available at your physician's office or Mac's earplugs available at a pharmacy). If you not have earplugs, you may pinch off a piece of a cotton ball, slightly roll it, smear it with Vaseline, and place the Vaseline side to the inside of your child's outer ear canal.
4. Call ENT of Athens at 706-546-7908 if you start having excessive bleeding from the ears, pain not relieved by Tylenol or Motrin, or fever greater than 101.
5. Administer Tylenol or Motrin according to your child's weight and age for management of fever or pain.
6. Use ear drops as prescribed by your physician following surgery. Pull back on the ear to help drops get into the ear and push several times on the tragus (cartilage in front of the ear) to helps drops go in.
7. Your child eat when you get home, keep the first meal light in case of nausea.
8. Keep your child away from tobacco smoke. Tobacco smoke increases your child's risk of ear infections.
9. Your child should continue to have regular check-ups with an ENT while they have ear tubes.

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