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Instructions following Myringotomy with Tubes

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 in the office 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 (Tylenol).

Ear Care Following Surgery:

Please use the medicated ear drops as prescribed by your surgeon. **Keep your ears dry!** Ear plugs should be worn during bathing, showering, swimming, etc. 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. Ear plugs are available at the office or silicone ear putty can be purchased at most pharmacies. We also carry neoprene headbands that cover the ears and can help the ear plugs in place.

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. It is recommended that you see the physician every 6 months to check the tubes and ear drum.