

Eastern Carolina ENT Associates, PA
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BILATERAL MYRINGOTOMY TUBES HOME CARE INSTRUCTIONS

ACTIVITY:

May begin normal activities immediately after hospital discharge. May return to school/work the next day.

CARE OF EARS:

Your doctor may ask you to put medicine drops in your/child's ears. The drops are called "Ciprodex Otic Solution" and you may be told to put three(3) drops in ears, three(3)times a day for three(3)days. These drops help prevent blood clotting in the tubes and decrease irritation of the ear canal. Keep the drops at room temperature and shake the bottle before each use. Don't throw the bottle of medication away. You may need to use it again if your child has drainage from his ears while the tubes are in place over the next 6 to 12 months.

You should not put any other medication in the your/child's ear unless it is ordered by your ENT. You will need to keep water out of your/child's ears because it can increase the chance of an ear infection while the tubes are in place. During baths, showers, or hairwashing, take a piece of cotton and cover it with Vaseline, then use this to block the ear canal and prevent water from getting into the ears. If you want to allow your child to swim, tell your doctor or discuss this with the nurse. Sometimes special earplugs can be made for use during swimming.

POST OP EXPECTATIONS:

Your child may be somewhat irritable and sleepy in the afternoon and evening following surgery. You may see some blood tinged liquid coming out of one or both ears. This does not mean that something is wrong. It is just some blood from the edge of the opening in the eardrum mixed with some medicine the doctor placed in the ear. It should stop within the first two or three days.

DIET:

May eat regular diet at home. Should not experience any difficulty eating or drinking.

PAIN:

Give Tylenol or Advil every 4 hours if needed for discomfort. After the second or third day there usually is no need for additional medicine to relieve pain.

WHEN TO CALL THE DOCTOR:

- Bright red blood drainage from ears
- Fever over 101 degrees F or 38.4 degrees C
- If child develops pain in ears or difficulty hearing