**PERIOPERATIVE SERVICES**

**Post-Operative Instructions**

Myringotomy and Tube Insertion Surgery

**PAIN:**

You may have some discomfort after your surgery for 48 hours. Use Tylenol™ (acetaminophen) and or Advil ™ (Ibuprofen) as directed for pain medication. Your surgeon may have also given you a prescription for extra pain medication. Use as directed.

**OPERATIVE SITE:**

You may notice some bloody discharge from the operated ear for 2 to 3 days. You may be discharged from the hospital with a cotton ball resting in the outer ear canal. The tube in your ear usually remains in place for 6 to 12 months, sometimes longer, and will usually fall out spontaneously. The small perforation in the eardrum usually heals on its own. However, your surgeon will follow your progress and decide if retained tube needs to be removed.

**ACTIVITY:**

You may resume regular activities when you are able. Avoid ear infections by preventing water entering into the ear while the tube is in place. Place a cotton ball in Vaseline™ in the ear canal or use earplugs recommended by your surgeon when exposed to water.

**DIET:**

Resume your regular diet. Increase the fibre in your diet and drink plenty of fluids to help prevent constipation. Good sources of fiber are fruits, vegetables and whole grain breads and cereals (All Bran™, Bran Flakes, Shreddies™ and Shredded Wheat).

You may also purchase an over the counter stool softener like Colace™ or a mild laxative if needed.

CONTINUED ON OTHER SIDE 🡪

Information is available in alternate formats upon request

**FOLLOW-UP:**

Your surgeon will advise you of your follow-up appointment the day of your surgery. If you are a Day Surgery patient, a nurse from the Day Surgery Unit may call you the day after your surgery to discuss any concerns.

**ADDITIONAL INFORMATION**:

**Go to the nearest Emergency Department if you have any of the following:**

* Elevated temperature (38ºC or 100.4ºF) and/or chills lasting more than 24 hours.
* Foul smelling drainage from ear.
* Severe pain not relieved by pain medication.

The information contained on this sheet is provided to you and your family to help you in your recovery from this procedure. This document is not intended to replace medical advice from your doctor or healthcare team. If you require more specific/additional medical advice, contact your doctor and healthcare team about your particular healthcare needs.

Protect yourself! Clean your hands frequently using soap and water or

hand sanitizer, and ask that your healthcare providers and visitors do the same." Clean hands save lives.