

Century Ear, Nose and Throat Head and Neck Surgery

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MYRINGOTOMY AND INSERTION OF PE TUBES

POST-OP INSTRUCTIONS

DIET

Children or adults who have received a general anesthesia may experience some nausea and occasionally vomiting. It is therefore preferable to eat a bland light meal or a liquid diet on the first day after surgery.

KEEP EARS DRY

1. Keep the ears dry. Do not allow water to enter the ear after surgery. Shampoo hair with head forward (chin to chest).
2. Custom swim molds may be purchased in our office, if needed, for active swimmers.
3. If accidentally the head is submerged deep in water or water enters the ear during a shower, use the antibiotic eardrops that were prescribed immediately after the surgery or use a hairdryer to the ear.

MEDICATIONS

Eardrops are usually prescribed for three days after surgery. Do not refrigerate eardrops. Hold bottle in your hand for a few minutes to bring the eardrops to body temperature. Cold eardrops may cause a brief, but unpleasant vertigo. Following the insertion of PE tubes, there is not much pain. Tylenol should suffice to control any discomfort.

PLEASE NOTE THE FOLLOWING:

If you have eardrops from your pediatrician used for pain such as Auralgan, Tympagesic, or Americaine, please throw them away. These drops will burn the middle ear tissue while the tubes are in place. The patient may experience a certain amount of pulsation, popping, clicking, and other sounds in the ear. A feeling of fullness or occasional sharp pain is not unusual in the early postoperative period. Tylenol should be sufficient for any discomfort.

FOLLOW-UP

Please call **(708) 460-0007** to schedule a follow-up appointment.

For prescription refills, please call during office hours:

Monday, Tuesday, Thursday, Friday – 9:00 a.m. – 4:00 p.m.

Wednesday, Saturday – 9:00 a.m. – 12:00 p.m.