



DISCHARGE INSTRUCTIONS

Myringotomy with tube insertion

Dr. Scott McClintick



Parsons Office: 620-820-5830 * **Joplin Office:** 417-347-8301 or 800-440-4905

What should we expect after anesthesia?

- Myringotomy with tube insertion involves a brief anesthesia, typically 5-10 minutes. Patients may be quite irritable for several hours after surgery. If sedatives were given some patients will remain sleepy for much of the day. Nausea and vomiting is occasionally seen, and usually resolves by the evening of surgery – even without therapy.

What can my child eat after surgery?

- Patients who have received general anesthesia may experience some nausea or occasionally, vomiting. It is therefore preferable to eat a bland light meal or a liquid diet on the first day after the surgery. Following the first day of surgery your child may resume a regular diet.

What medications are used after surgery?

- Ear drops may be prescribed for 3 days after the surgery and as directed after swimming in a chlorinated pool. Do not refrigerate ear drops. Hold the bottle in your hand for a few minutes to bring the ear drops to body temperature prior to use. Cold ear drops cause a brief but unpleasant vertigo (dizziness).
- If you have ear drops 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.
- Following the insertion of PE tubes, there isn't much pain. Tylenol or Ibuprofen (over the counter) should suffice to control any discomfort. Please take as directed on the package.

What should we expect after surgery?

- Mild discomfort: mild discomfort, ear popping and drainage following ear tubes is not uncommon. Give pain medications such as Tylenol and encourage liquid intake.
- Fever: many patients have a low-grade fever after surgery – up to 102 degrees Fahrenheit. Give Tylenol and plenty of fluids. Higher prolonged fever should be reported to your surgeon.
- A few drops of blood: it is not uncommon to see a few drops of blood from the ear or from the nose (if adenoidectomy was performed). Persistent prolonged bleeding or drainage is not common and should be reported.

Swimming:

- In chlorinated water: swimming in a pool is permitted if you are using prescribed ear drops at bedtime after swimming. You may shower or bathe without using ear drops as long as you do not submerge your head under water.
- In a lake or stream: permitted if you use prescribed ear drops and ear plugs.

When should we make an appointment?

- 3 weeks after surgery. If you do not have an appointment, please call 1-620-820-5830 or 1-417-347-8301 or 1-800-440-4905 to schedule your appointment.

How do I notify my doctor of problems or concerns?

- During office hours please contact Dr. McClintick at his office. After hours or over the weekend please call 1-417-347-1111 and have Dr. McClintick paged.

Important:

In case of emergency call 911 or go to the nearest emergency room for examination and treatment.