



## **DISCHARGE INSTRUCTIONS FOR MYRINGOTOMY AND TUBES**

- Diet** Your child may return to his/her diet as they can tolerate it.
- Activity** Your child should avoid strenuous play or exercise for 2-3 days after surgery to let the tubes seal in place.  
Your child will require earplugs for swimming and submerging their head under water.
- Medications** Give any prescribed medications as directed.  
Your child will be prescribed eardrops for 7 days after surgery. Upon administering the prescribed eardrops, a stinging sensation may be felt. You may give your child Acetaminophen (i.e. Tylenol) for pain or discomfort.
- Bathing** Your child should use silicone earplugs or a waterproof earband to avoid getting water in the ears. You can coat a cotton ball with vaseline and place in the ear when hair is being washed.
- Other** For 1-3 days after surgery, it is not uncommon to have a small amount of blood from ears.  
For 1-2 weeks after surgery your child may experience itching of the ears because of crusting. Do not dig in ears.  
  
Regular earplugs can be purchased at drug stores or custom fitted earplugs may be purchased at audiology service providers. Your surgeon will advise you.
- Follow-up** Dr. Halik will follow up 1 week after surgery.  
Dr. Werger will follow up 1-2 weeks after surgery  
Dr. Lui will follow up 1 month after surgery.

### **CALL THE SURGEON DURING OFFICE HOURS OR GO TO THE EMERGENCY DEPT. IF:**

- 1. Your child develops a fever over 38.5C or 101.3F.**
- 2. Your child complains of pain not relieved by Tylenol.**
- 3. Your child has persistent vomiting.**
- 4. Your child develops persistent discharge from ears.**