

Myringotomy/Pressure Equalizing Tubes Post Operative Instructions

- Please discuss appropriate **water precautions** for the ears, with your physician directly, post-operatively.

- What to expect:** It's normal to have a small amount of drainage from the ears and last up to 24 hours. This could be clear, cloudy or bloody. An old, dried blood clot may come out of the ear canal several days after surgery.
- Activity:** Limit activities on the day of surgery. No running, playing, or strenuous exercise. Normal activities may be resumed including work, school, or day care the day after surgery.
- Diet:** Eat lightly for the first meal then increase as tolerated. If nausea or vomiting occurs, have clear liquids only until nausea subsides.
- Pain:** Liquid Tylenol or acetaminophen may be taken for relief of ear discomfort. Follow the label instructions regarding dosage and administration. If antibiotic ear drops have been prescribed, use them as directed.
- Ear Drainage:** Drainage from the ears may occur during the days following tube insertion. This represents clearance of residual middle ear fluid and can be any color. It is also normal if you do not see any ear drainage postoperatively. It should resolve by the time you have finished the prescribed ear drops. Please notify the office if ear drainage persists or starts again once you have finished the prescribed course of ear drops.
- Call the Doctor:**
- For pus-like drainage from the ear
 - Severe pain
 - Fever over 101°
 - Large amount of drainage or bleeding from the ear
 - Any other serious concerns
- Follow Up:** Call for a follow up with the doctor 2-3 weeks postoperatively with a hearing test.

Our office can be reached at **401-885-8484** for any postoperative concerns or questions.