



### **Post-Operative Instructions Bilateral Myringotomy with Tube Placement**

- 1.** Resume a normal diet slowly. You might find that clear fluids and soft foods are more easily tolerated for the first 24hrs, but there are no restrictions on diet in general.
- 2.** Instruction for post-operative drops:
  - a.** For Floxin: 5 drops to the affected ear(s) 2x/day for 5 days
  - b.** For Ciprodex: 4 drops to the affected ear(s) 2x/day for 5 days
  - c.** These instructions represent the standard dosing, but your doctor may change this standard dose based on the patient's specific condition.
- 3.** It is normal for the patient to be with a responsible adult for the first 24hrs following surgery.
- 4.** It is normal to have drainage from the ears for the first 48hrs after surgery, or if the patient is on ear drops during the time that the drops are administered. The drainage can be thick, thin, clear, pus-like or bloody in appearance. If there is any drainage after 48hrs (if no drops are given) or if there is any drainage after drops are stopped, please call us to let us know as it may represent an infection.
- 5.** Pain is not common following the procedure. If pain is present, Tylenol is usually adequate to control it and may be given appropriate for the patient's weight.
- 6.** Although low grade temperatures are not unusual after surgery, fever over 102°F is not normal. Please let us know if the patient has a high temperature.
- 7.** The patient may resume normal activity as soon as they feel ready.
- 8.** Keep ears relatively dry. Salt water pools and chlorinated pools are acceptable for swimming. Ear plugs may be used with swimming but are not mandatory unless the patient is having frequent drainage or irritation from the ears. Bath water, lakes, and oceans tend to be the dirtiest. Showers and pool water tend to be less likely to cause infections. Custom fit ear plugs are available to be made in our office if desired.
- 9.** You should have a post-operative visit and hearing test after surgery. If you do not have an appointment already scheduled, please call our office at 972-984-1050.

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