



YOUR POST-OPERATIVE APPOINTMENT IS SCHEDULED FOR

It is essential to keep your post-op appointment, if this date and time does not work, please call our office to reschedule. (781)444-4722

**Post Operative Instructions
Myringotomy and Tubes**

A “Myringotomy” or “Tympanostomy” is a surgical incision in the eardrum usually to release fluid or pressure that is trapped behind it. A “tube” is a small plastic or metal tube (about one millimeter in diameter, or about one-tenth the size of a dime) that keeps a small hole in the eardrum. The tube will eventually become dislodged and the myringotomy incision will almost always heal. Some things to remember while the tubes are in place:

- You may see a small amount of bleeding or yellow fluid from the ears for the first day or two. If this persists, or appears to be excessive, please call our office.
- Mild pain in the ear and throat is possible for the first day.
- You do not need ear plugs for routine bathing or swimming. Try to avoid soapy water in the ear and you may want to use earplugs if the head is submerged in soapy water.
- Drainage from the ear may be the sign of an ear infection. It is not an emergency so you do not have to become immediately concerned. Try to clean gently around the outside of the ear with a clean cloth and call the office during regular hours. You will likely be prescribed antibiotic ear drops x 5-7 days. If the drainage persists, you should come in to the office to be evaluated.
- No special diet or other change in activity is required.

Should you have any questions or problems following your procedure which have not been covered in this information sheet, please feel free to call my office between the hours of 9AM and 5PM and we will be happy to answer your questions.