



VALLEY ENT
EAR, NOSE, THROAT & ALLERGY

Myringotomy Tubes (Ear Tubes)

This post-operative instruction sheet is designed to help you care for your throat after surgery and help answer any of the common questions you may have. It is not entirely comprehensive, so if you have any questions, do not hesitate to call the office. You may call the office at: (559) 409-4720. If you are having a medical emergency, you should not hesitate to call 911.

What To Do Before Surgery:

- Have your child take Tylenol (Acetaminophen) 2 hours before the surgery time. This is OTC (over-the-counter) and the bottle will have recommended dosing. This will help with any discomfort they may have right after the procedure.

What To Expect:

- After tubes are placed in your child's ears, there is generally very little pain. Your child may be fussy and cranky, but this is generally due to the effects of the anesthesia. If they seem to have some discomfort, Tylenol or Motrin may be used.
- You can expect some drainage for a few days after the tubes are in place. The drainage may be bloody, or it may look like pus. The ear drops, if recommended the day of surgery, will help with the drainage.
- If ear drops are recommended, please use them two times a day in each ear. There are usually two different containers that will be recommended. One is an antibiotic and the other is a steroid. Use 2 drops of each in each ear for a total of 4 drops in each ear two times a day. It is recommended to lie on the side for 10 minutes after the drops are instilled, place a cotton ball in the ear and repeat with the other side. The cotton ball can come out anytime when you are done. Below is the recommended usage of the ear drops.
 - o Ear Drops (2 different containers – Steroid/Antibiotic) Instructions: 2 drops of each container (4 Total Drops) 2 times a day for 2 Days.
- It is OK for your child to swim or take a bath. If some water does get into the ear, it is unlikely to cause a problem.
 - o Signs of an infection are increasing pain and drainage from the ear.
 - o If you are concerned, you can start using the prescription ear drops as directed above and schedule an appointment.
 - o If your child swims deeper than a few feet underwater, you may want to keep water out of the ears using plugs.
 - o You may consider protecting the ears with plugs if your child is going to swim in dirty water, like the ocean or lake.

Safety Information For Giving Medications:

- Each time you give a medication, read the label
- Do not measure liquid with a kitchen spoon. There are pediatric measuring devices available at the pharmacy. Ask for one when you get your prescription filled.
- Use the exact amount ordered by your surgeon. If you have questions, ask the pharmacist.
- If you are giving medication to your child, always watch them take all of their medication
- Store all medications out of reach of children.
- Call California Poison Control if your child takes too much of any medicine at 800-222-1222.

Follow-up Appointment:

- The first appointment is usually a quick visit to make sure everything is on track and healing well around 3 weeks.
 - If an appointment has not already been made, please call the office to schedule.
- A follow up appointment 3 months after your surgery will also be scheduled. If everything checks out, then you will be scheduled for a hearing test.
 - It's important, if possible, to have a hearing test before and after your procedure.
- Follow up visits to check on the ears should then be scheduled every 6-12 months until the ear tubes have come out and the eardrums have healed up.

Important Phone Numbers:

- Valley ENT Clinic: (559) 409-4720
- Kaweah Delta Hospital: (559) 624-2000
- Sequoia Surgical Center: (559) 740-4094