

TYMPANOSTOMY (MYRINGOTOMY) & TUBE PLACEMENT

Home Instructions for Adults

ACTIVITY

- The first few days should be spent resting quietly in bed or on the couch. You may be drowsy and uncoordinated from the anesthesia and pain medications, so be sure to protect yourself from injury.
- **You will require constant supervision for the next 24 hours by a responsible adult.**
- **No driving, making legal decisions or operating hazardous equipment for the next 24 hours or any time while you are taking prescription pain medications.**
- Avoid strenuous activity or exercise for two weeks.
- **Do not blow your nose** for the first week after surgery.
- **Open your mouth when sneezing to prevent pressure build up on your ear.**
- **Do not try to “pop” your ears** by holding your nose and forcing air into your ears.
- Avoid getting water in your ears until after your follow-up appointment. Use a cotton ball coated with Vaseline when exposed to water or bathing.
- If water does enter your ear, use the prescribed drops immediately after.

DIET

- Begin with clear liquids such as apple juice, popsicles and water. Advance diet as tolerated.

PAIN

- You may use Ibuprofen (Motrin and Advil) every **six hours** for pain.
- You may also use Tylenol every **four hours** for pain.
- Take medications with food to prevent nausea. You may take an OTC stool softener and drink plenty of fluids with the addition of fruit juices to prevent constipation.

YOUR NEXT DOSE OF **TYLENOL** CAN BE GIVEN AT _____ TODAY.

YOUR NEXT DOSE OF **IBUPROFEN** CAN BE GIVEN AT _____ TODAY.

YOUR NEXT DOSE OF _____ CAN BE GIVEN AT _____ TODAY.

DROPS

CIPROFLOXACIN _____ DROPS _____ TIMES A DAY, FOR _____ DAYS

CIPRODEX _____ DROPS _____ TIMES A DAY, FOR _____ DAYS

OFLOXACIN _____ DROPS _____ TIMES A DAY, FOR _____ DAYS

BLEEDING

- Blood tinged, watery drainage is expected from the ears; you may replace the cotton ball as needed to help catch the drainage.
- Profuse bright red bleeding from the ears is **NOT NORMAL. Go to emergency room or call 911.**

WHEN TO CALL YOUR DOCTOR (CALL 208-367-3320 TO REACH YOUR PHYSICIAN)

- A fever of 101 degrees for more than 24 hours.
- Signs of dehydration such as dry lips and infrequent urination.
- Thick yellow drainage from the ears, use prescribed drops and call your physician.
- Nausea and vomiting lasting more than 24 hours.

WHEN TO GO TO THE EMERGENCY ROOM

- Difficulty breathing.
- Uncontrollable bright red bleeding from the ears.
- If you are unable to reach your physician and need help.