

Myringotomy

The following instructions are provided to assist you with planning your self care and recovery after your operation.

1. You must have a responsible adult accompany you home and stay with you overnight.
2. Plan on getting an adequate amount of rest for a few days following your operation. Return to normal activity gradually.
3. You are advised that you should not operate a motor vehicle, machinery, or perform any tasks requiring skill, co-ordination or judgment, or make any legal decisions within 24 hours after your operation.
4. Take all of your regular medications as you took them before your operation, unless instructed otherwise.
5. Take pain medications as prescribed. Try to avoid constipation by eating high fiber foods, drinking plenty of fluids and use a stool softener or mild laxative if needed. Your local pharmacist can be of assistance in choosing these products.
6. Do not use eardrops unless prescribed by your doctor who knows that ventilation tubes are in the ear
7. Resume your regular diet as tolerated. Do not drink any alcoholic beverages including beer and wine or use recreational drugs for 24 hours after your surgery.
8. It is important to have emptied your bladder (passed your urine) within 6 hours of returning home. If not, return to the Emergency Department of the nearest hospital.
9. Do not permit water or any foreign object to enter the ear until discussed with surgeon.
10. Clean outer ear only with damp washcloth, as necessary.
11. **For Shampoos and/or Showers:** (within 7 days of surgery) insert earplugs or a cotton ball smeared with Vaseline (to make it waterproof) into the outer ear canal.
12. **For Swimming:** No swimming for 10 days. You must use earplugs when you do go swimming. If the ventilating tube falls out spontaneously, check with your doctor prior to swimming.

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13. Contact your Doctor or seek medical attention if any of the following occurs:

- Signs of infection, including fever and chills
- Redness, swelling, increasing pain, excessive bleeding, or discharge at the incision site.
- Cough, shortness of breath, chest pain
- Pain that you cannot control with the medication that you have been given.
- Nausea and/or vomiting that you cannot control or which persist for more than two days after your surgery.
- Pain and/or swelling in your feet, calves or legs.

If you have any concerns:

- ... call your surgeon/doctor,
- ... or call Telehealth 1-866-797-0000
- ... or come to the Emergency Department at Georgian Bay General Hospital

14. The day after your surgery call your Surgeon's office for your 2 week follow-up appointment.

Specific Instructions:
