



**Don S. Respler M.D.**

2 South Summit Ave  
Hackensack, NJ 07601  
Phone: 201- 996-9200

Email: [AngelsofENT@gmail.com](mailto:AngelsofENT@gmail.com)

Website: [DrRespler.com](http://DrRespler.com)

## **Myringotomy and Tubes POST-OPERATIVE CARE INSTRUCTIONS**

### **WHAT TO EXPECT**

- Drainage (may be bloody) from the ear is normal for the first few days after surgery

### **WATER PRECAUTIONS**

- Avoid getting water in the ears.
- Earplugs must be used with any water activity (swimming, bathing, shower, sprinkler).
- Our office offers custom molded earplugs, preformed earplugs (Doc's plugs), and headbands for water prevention

### **MEDICATION □**

- Eardrops should be administered as follows:
  - 5 drops to each ear, 2 times each day for 5-7 days after surgery
- Tylenol® or Tempra® may be used for pain every 4 hours according to package directions as needed

### **ACTIVITY**

- On the day after surgery, patient may resume all normal daily activities

### **POST-OPERATIVE VISIT**

- Please return to our office for a postoperative visit with audiological testing 3-4 weeks after surgery.
- Please remind our receptionist to schedule the post-operative visit when Vicki, our audiologist, is in the office.