

MYRINGOTOMY & EAR TUBES– Post-Operative Care Instructions

WHAT TO EXPECT

- Your child should recover quickly and may resume normal activities the day after surgery.
- Vigorous exercise, heavy lifting, physical activity and gym attendance should be avoided for one (1) week post-surgery and then normal activity may be gradually resumed

It is normal to have:

- A small amount of clear, yellow, pink, or blood-tinged drainage from the ears for several days after surgery.
- Mild discomfort on the day of surgery.

Please call our office if your child develops:

- Heavy bleeding or significant pain
 - Fever over 101.5°F
 - Ear drainage lasting longer than 5 days
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PRECAUTIONS

Water must be kept out of the ears for as long as the tubes remain in place. Dr. Respler will advise you when the tubes have fallen out and water precautions are no longer necessary.

Earplugs are required for all water activities, including swimming, bathing, showering, sprinklers, and water play. For active swimming, diving, jumping, or heavy splashing, an **ear band worn over the earplugs** is strongly recommended for added protection.

Our office offers custom-fitted earplugs, putty earplugs, and water ear bands for your convenience.

MEDICATIONS

Ear Drops:

Place 5 drops in each ear, twice daily for 5 days after surgery.

Pain Relief:

Tylenol® or Motrin may be given as directed on the package every 6 hours as needed.

FOLLOW-UP CARE

A post-operative visit should be scheduled approximately **1 month after surgery**, and every **4–6 months thereafter** until Dr. Respler confirms that the tubes have fallen out.

QUESTIONS?

Please call our office at **(201) 996-9200** with any concerns. We are honored to be part of your child's care.