

EAR, NOSE AND THROAT ASSOCIATES OF CHESTER COUNTY

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MYRINGOTOMY AND VENTILATION TUBES

>> *PATIENT INSTRUCTIONS* >>

Much of the information on this sheet assumes that the patient is a child. However, most material applies to an adult as well, with exceptions that should be obvious. Generally, adult myringotomies with ventilating tubes are performed as an in-office procedure under local anesthesia.

Please read and familiarize yourself with these instructions both **BEFORE** and **AFTER** surgery. By following them carefully, you will assist in obtaining the best possible results from your surgery. If questions arise, please contact our physicians or nurses or our surgical coordinator at 610-363-2532.

PRE-OPERATIVE:

- If the patient experiences signs or symptoms of an upper respiratory infection or other illness within three days prior to the surgery, please call our Surgical Coordinator at 610-363-2532.
- Most often this is the first hospital experience for your child, and an important one in his or her life. Avoid any anxiety. Do not be overly solicitous or protective. Try to maintain a cheerful attitude even if you are concerned.
- Unless the child is a very young infant, it will be necessary that the child have nothing to eat or drink after midnight before surgery. In the case of a young infant, we will provide you with the appropriate restrictions. If your child is on any medications prescribed by us or another physician, please notify our office so that we can instruct you about their usage. Do not discontinue any medications without first consulting with us or the physician who prescribed them.

POST-OPERATIVE:

- Following the surgical procedure, the child will be taken to the Recovery Room and then back to the Short Procedure Unit or holding area. When you see him/her, you may notice some brown staining around the ears. This is the color of the surgical prep which is sometimes used for this procedure. This can be washed off with a damp cloth after the child goes home.

- Some drainage of the ears is normal following the insertion of ventilating tubes. This may have a brownish discoloration because of the presence of some residual surgical cleansing prep in the ear canal. If the drainage persists for more than 48 hours or if there is any bleeding, call us at 610-363-2532.
- Most children will have very little, if any, discomfort following the surgery. Feel free to use Tylenol as you normally would. However, if there is any persistent or severe pain or fever, please contact us.
- Following surgery, the child will generally be drowsy from the effects of the pre-operative and intra-operative sedation. As a result, activities should be curtailed the day of surgery. We would discourage the child from any activities such as riding a bicycle. Additionally, because of the effects of the pre-operative and intra-operative medications, some children will tend to have a slightly upset stomach. For this reason the post-operative diet should initially be bland and easy to digest.
- We would recommend juices and avoidance of rich, fatty foods. The diet should gradually progress during the day of surgery. Should there be any persistent nausea or vomiting, call our office. Diet and activity restrictions apply to the day of surgery only. The child may return to normal diet and activities the following day.
- As long as tubes are in place, it is absolutely necessary to keep water out of the patient's ear canal. When washing, it may be helpful to place cotton or lamb's wool impregnated with Vaseline in the outer ear to prevent water from entering the ear canal. No other instrumentation, such as Q-tips, should be placed in the ear. Swimming is contraindicated when the tubes are in place unless the patient is wearing custom fitted ear molds with or without head bands. The use of over-the-counter ear molds and putty-like material does not offer proper protection and at times may be dangerous. Custom fitted ear molds may also be used when the child's hair is being washed (in place of cotton with Vaseline). Should you be interested in obtaining such ear molds or head bands, please speak to one of our doctors or audiologists.

If you have any questions concerning your comfort or care, please contact our office at 610-363-2532.