

Bilateral Myringotomy and Tube Placement

Diagnosis

Bilateral Myringotomy and Tube Placement is a surgery in which a small opening is made in each eardrum and a small tube is placed in the opening on each side.

What to Expect after Surgery

- Pain in the ear may be present for the first few days after surgery
- Ear drainage may last up to **7 days** after surgery
- Ear drainage may be blood tinged
- Ear drainage can occur at any time that the tubes are in place
- Ear crackling, pain, and popping when burping, yawning, or chewing are common and will go away on its own
- Your child may complain that things sound loud at first. This is due to the removal of fluid from behind the eardrums and is normal.

Follow-Up Appointment

- Please follow up in 10-12 weeks with your surgeon.
- If your appointment has not already been scheduled, call **412-692-5460** (option 2) **as soon as possible**.

Pain Management

- Your child can use **acetaminophen (Tylenol)** for **pain every 4-6 hours** while awake. Please follow directions on the bottle for giving this medicine. Do not give more than 5 doses in a 24-hour period.
- Your child can use **ibuprofen (Motrin)** for **pain if needed**. Please follow directions on the bottle for giving this medicine.
- Acetaminophen (Tylenol) and ibuprofen (Motrin) can be given at the same time if needed.
- Follow the anesthesia discharge instructions which will state when your child can have another dose of either medication.

Activity

- Your child can return to school, sports, activity, or daycare **the day after** the surgery.

Diet

- Your child may eat a regular diet once at home and showing no signs of nausea or vomiting.

- Please follow the anesthesia discharge instructions for returning to a regular diet.

Special Considerations

Fever:

- Your child may have a low-grade temperature (99°F 102°F) for the first few days after surgery. The doctors do not need to be notified of this temperature.
- If the fever is over 102°F and does not break with acetaminophen (Tylenol) or ibuprofen (Motrin) call the ENT office.

Earplugs:

- Earplugs are **NOT** needed if your child had ear tubes placed, unless your child is around dirty water (rivers/lakes/ponds) or deep-sea diving.
- It is okay to shower or bathe your child if your child had ear tubes placed.

Eardrops: 5 drops/twice a day for 3 days after surgery in the ears that the tubes were placed.

How to administer eardrops

- Wash your hands.
- Warm the bottle of eardrops in your hand for 1-2 minutes. Cold eardrops can cause dizziness.
- Have your child lay on their side with the affected ear facing up.
- **For children under age 3:** Gently pull the earlobe of the affected ear DOWNWARD and backward to straighten the ear canal.
- **For children over age 3:** Gently pulled the earlobe of the affected ear UPWARD and backward to straighten the ear canal.
- Drop the number of eardrops that the surgeon prescribed in the ear being careful to not touch the tip of the bottle in your child's ear.
- Push on the skin in front of the ear several times to help flush the medicine into the open ear canal.
- Please have your child stay on their side for at least 5 minutes.
- Repeat all steps for the opposite ear if directed by your surgeon.
- A prescription for eardrops may have been sent to your home pharmacy. If the bottle of eardrops from the Hospital runs out, call the pharmacy to refill the medication the surgeon prescribed.
- Please call your pharmacy to verify that the prescription has been called in before calling the ENT clinic office.

When to call the ENT office (412-692-5460, option 4)

- A fever greater than 102°F and does not break with acetaminophen (Tylenol) or ibuprofen (Motrin)
- The ear is red or warm to touch

- Pain that is not controlled with pain medication
- Drainage that lasts longer than 7 days
- Hearing loss
- Dizziness