



Children's  
of Alabama

# Myringotomy with Tubes

## One Day Surgery • Post Operative Instructions

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1600 7th Ave S • Birmingham, AL 35233 • 205.638.9100

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### What to Expect

- Immediately after surgery, you may see drainage from the ear canal. There may also be drainage from your child's ears for several days after surgery. The drainage may be clear, yellow or bloodtinged. Use the prescribed ear drops as directed by the physician.
- Ear infections may occur after tubes are in place. (You may notice drainage or pus from the ears.) To help prevent this, it is very important not to get dirty water in the ears.
- A slight elevation in temperature is to be expected for the first 24 hours. It should not go above 101 degrees and it should not last more than 24 hours. If either occurs, notify your child's doctor.

### Activity and Care

- Limit vigorous activity the day of surgery. Normal activities may be resumed the following day or as tolerated.
- Ear plugs should be used at all times while swimming in a lake, river or ocean or any type of "dirty" water. Ear plugs do not have to be worn in chlorinated swimming pools or in clean bath water.

### Diet

- Your child may become nauseated and vomit on the way home due to motion sickness. DO NOT feed solid food until you reach your destination.
- Begin with a clear diet and progress as tolerated.
- Push fluids after surgery. As fluids are tolerated without nausea and/or vomiting, advance to a regular diet. If nausea and vomiting occur after starting and advancing diet, return to clear liquids until solids are tolerated.

### Medication

- Children's Tylenol, Motrin or Advil should be given for pain.
- If drainage occurs after your post op appointment, begin drops and CALL YOUR PEDIATRICIAN. You should not permit your child to swim until after the infection has been resolved. If the pediatrician cannot clear the infection, if there is a problem with the tubes or if the infections become more frequent, your pediatrician will refer you back to ENT.
- Tylenol should be given at \_\_\_\_\_, you may repeat this dose at \_\_\_\_\_.

### Follow-Up

- Post-op visit instructions will be given at discharge. The ENT physician will see your child on an "as needed" basis and/or at a one year visit after surgery.

### When to Call Your Doctor

- Temperature above 101 degrees for 24 hours
- Excessive nausea, vomiting or any concerns regarding dehydration

### Physicians:

Brian J. Wiatrak, MD, FAAP, FACS  
Audie L. Woolley, MD, FACS

J. Scott Hill, MD, FAAP, FACS  
W. Peyton Shirley, MD, FACS

Nicholas Smith, MD  
Brian Kulbersh, MD

Telephone: (205) 638-4949 or for after routine office hours, call (205) 638-9100 and page the doctor on call for ENT.

For emergencies, call 911.

One Day Surgery Center - Russell Campus | One Day Surgery Center - Children's South