

Surgical Patient Education

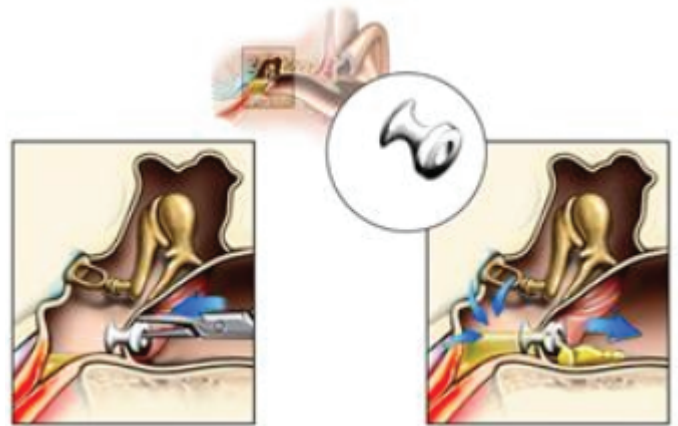
Myringotomy/Ear Tubes

What are Ear Tubes?

It is a surgery to drain Fluid from the ear and place a pressure equalizer tube (PE) in the ear drum.

This surgery is often performed when a child gets frequent ear infections.

The surgeon uses a special surgical tool to make a tiny incision in the ear drum and then place the tube.



What are the Risks?

- **Infection** - Ear Tube surgery is low risk, but any surgical procedure carries a risk of infection
- **Bleeding** - There is a risk of bleeding as with all surgical incisions/procedures. This is very low risk with Ear Tube Insertion.
- Damage to other structures, low risk of hearing damage (usually hearing improves).
- Scarring or thickening of the Ear Drums, which can also occur with untreated ear infections

What happens during the procedure?

- You will arrive at the hospital and you will get an IV if you are an adult, children most often do not get IVs.
- You will be taken to the operating room and will be placed on monitors and watched closely and you (or your child) are put to sleep.
- After you (or your child) are asleep, your surgeon will take a very small surgical tool and make a hole, clean out the ear and place the tube and antibiotic drops.
- You (or your child) do not have any stitches or suture, cotton balls will be placed in the ear.
- You (or your child) will then be taken to the recovery room to wake up and later go back to your pre-op room to go home.

Before Surgery

- You may be asked to stop certain medications such as aspirin or ibuprofen. Be sure to check with your surgeon's office to see what medications to stop.
- You (or your child) will be asked not to eat or drink the night before surgery, it is important that you follow these instructions.
- You (or your child) will need to prepare to be off work/school for 1 day.
- You will not be able to drive for 24 hours after surgery and you will need to have someone stay with you for 24 hours.

After Surgery

- You or your child will have cotton balls, they may come out, this is okay.
- There is usually not much pain. Children may be "fussy" for a day or two but this is usually tolerated well.
- You (or your child) can shower and eat right away. Care should be taken to avoid submerging ears under water or pouring water directly into the ear. Holding soft plastic cups over the ear while bathing/- showering can help.
- **DO NOT** put alcohol or other liquids into the ear.
- You (or your child) can take Tylenol and ibuprofen for pain.
- If you think you got water in your ears, place 2-3 drops of the antibiotic in your ear.
- If your child is in a carseat, plan to have an adult ride in the back seat with your child.

Recovery After Ear Tubes

How long will I be out of work?

- Prepare to be off work for 1 day.
- The recovery is quick and you can often to back to work or school immediately after the 24 hours has passed.
- The important part of recovery is to rehydrate and make sure you are eating and drinking well.