

Myringotomy (ear tubes) - adult

During this surgery, one or both of your eardrums were opened and tubes were placed. For a healthy recovery after surgery, please follow these instructions.

Ear care

- It is normal for a little yellow or pink fluid to leak from your ears for 2 or 3 days.
- Gently clean the outer ear with a warm washcloth. Do not clean inside your ear. Never use cotton-tipped swabs (Q-tips®). To help your ear drain, sleep on the side of the draining ear.

Pain

- You may have mild pain in your ears after surgery. It is also possible that you may have no pain.
- You may take acetaminophen (Tylenol), ibuprofen (Advil or Motrin), or the pain medication prescribed by your surgeon.

Activity

- Rest for the remainder of the day.
- Do not drive or operate heavy machinery for 24 hours after surgery.
- You can resume your usual daily activities the day after your surgery.
- Ask the surgeon about bathing and swimming.

CPAP

- If you have obstructive sleep apnea and use CPAP, please speak with your surgeon about how to use it after surgery.

When to get medical help

- A fever – temperature 38.5°C (101.3°F) or higher.
- Pain that is getting worse or not relieved with pain medication.
- Leaking from the ears that lasts more than 2 or 3 days.

After hours or on the weekend, call 905-521-5030 and ask to speak to the Ear, Nose and Throat (ENT) Surgeon on-call. If you are not able to reach the surgeon, go to an Urgent Care Centre or Emergency Department.