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Aftercare: Myringotomy +/- Ventilation Tube Insertion

What you need:

- 1. Pain Medication:** Typically, there minimum discomfort associated with myringotomy and ventilation tube insertion. This can be controlled with Tylenol or ibuprofen as indicated on the packaging. This should be taken when pain arises.
- 2. Ear dops:** You *may* be prescribed ear drops (such as Ciprodex) after your procedure. Take as prescribed. This was prescribed due to the presence of fluid in your ear during the surgery and can prevent an infection *or* treat an ongoing infection.
- 3. Ear plugs:** These are only required if in stagnant water (lake, pond) or being submerged in water (such as a pool) more than 4 feet. Custom ear molds or Vaseline-soaked cotton balls can be used to prevent water from going through the tube into the ear. These ear plugs function to prevent ear infections. Ear plugs **are not needed** for routine bathing and showering.

Proceed to the Emergency Department if:

- Fever
- Bleeding or excessive ear pain for more than 24 hours after surgery
- Pain or redness around the external ear