Myringotomy (Ear Tubes)

HOME CARE

An appointment for a follow-up ear check-up should be made for10 to 14 days after the procedure. Your doctor will check the position of your tubes and that they are working.

What to expect:

- After your surgery you may have:
  - Bloody discharge.
  - Ear drainage right away.
  - Ear drainage at any time the tubes are in your ears.
  - Yellow clear fluid or mucus may drain for several days to weeks after the surgery.
  - Reddish drainage for about 3 days after the tubes are put in.
- If the drainage does not stop after 3 days or starts again, call your doctor.
- You might have slight ear pain for a couple of days.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as you are told by your doctor.

What to do:

- Follow your doctor's advice about keeping water out of your ears. There is a higher risk of infection in lake or pond water. There is less risk with water in swimming pools.
- Before you shower or swim, you should:
  - Use earplugs.
  - Wear a bathing cap.

Ear tubes usually stay in your ears from 6 to 18 months. They usually fall out on their own as your ears heal. If they stay in for more than 2-3 years, your doctor may need to surgically take them out.

Easy-to-Read style based on content from Parkland Health & Hospital System, Dallas, Texas

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