



endormir

SLEEP AND SINUS INSTITUTE

Endormir Sleep and Sinus Institute
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Bilateral Myringotomies with Tympanostomy Tubes

Post-Procedure Care:

You have been prescribed eardrops to use a few days after surgery. Floxin:
3 drops both ears 3times daily for 3 days.

Regarding water precautions: You may allow normal water exposure with bathing and swimming on the surface of clean water (swimming pool) without the use of ear plugs. If however, with water exposure your child has recurrent infections after water exposure strict water precautions will be initiated: use of a cotton ball with petroleum jelly, earplugs or a swimmer's headband to prevent water from entering the ear canal with water exposure. For those patients who are allowed to get their ears wet in a pool, they shouldn't dive too far below the surface of the water. The pressure from this activity may cause water to enter the middle ear.

You should make a follow-up appointment in one month. This appointment is to insure the eardrum has healed well and to check the PE tubes to make sure they are working properly.

After leaving the hospital, please feel free to contact your physician if you have any concerns. The majority of patients do very well after PE tube surgery. Most resume their normal daily routines by the next day.

Even with PE tubes, you may still develop an ear infection. Often this is associated with irritability and ear drainage. However, as long as the PE tube is functioning, the infections should be less severe and less frequent. If you suspect an ear infection please give your physician/pediatrician a call. You may need a course of antibiotic ear drops to resolve the infection. Often the infection can be controlled without use of oral antibiotics, in some cases, however, a combination of oral and otic antibiotics are necessary.

As the eardrum grows the tubes are gradually pushed out. The residual hole in the eardrum usually closes within a few days after the tube falls out. Infrequently, the ENT doctor might need to remove the PE tubes. You should follow-up with your ENT doctor every 6 months until the PE tubes fall out.

Your ENT surgeon will be happy to address additional questions or concerns about what to expect after surgery.