You have had a myringotomy. We have done this procedure to help prevent fluid from collecting behind your eardrum, or if you have had frequent ear infections and/or changes in hearing.

During this procedure, we made a small incision in your eardrum to help the fluid drain out. We may have also placed a very tiny tube in the hole to keep it open. This tube will allow for further drainage of fluid. This procedure usually takes only a few minutes. We may do this procedure in the operating room under general anaesthesia, but in adults who are able to sit very still, we may use a local anesthetic (freezing medicine) instead.

**SIGNS AND SYMPTOMS**

After a myringotomy, it is normal to have:

- Dizziness right after the procedure, but this should pass quickly.
- Clearer, improved hearing, either right away or after a little while.
- No pain after the procedure.

Contact your surgeon or family doctor, or go to your nearest Urgent Care Centre or Emergency Department, if you have any of the following:

- Severe ear pain
- Excessive drainage or bleeding from the ear or nose
- Severe dizziness
- Fever at or above 38 °C or 100.4 °F
- Face paralysis (your face cannot move)
- Hearing that is getting worse.

**MEDICINES**

**PAIN MEDICINE:** If you have some discomfort after the procedure, you may use mild over-the-counter pain medicine, such as acetaminophen (such as Tylenol®) or ibuprofen (such as Advil®).

**ANTIBIOTICS:** If your surgeon gave you a prescription for antibiotics (medicine to prevent or treat infections), pain medicine, or eardrops, use it as directed.

**APPOINTMENTS**

☐ Call your surgeon’s office to book a follow-up appointment for ______ days/weeks/months after surgery.
RESULTS

- Your surgeon will discuss any results or reports with you at the follow-up visit, as advised.
- You can also register for My Humber Health (HRH’s patient portal) at https://myhumberhealth.ca, to view a copy of any test results and reports.

TALK WITH ME (ABOUT MY CARE)

ACTIVITY:

- **DO NOT ALLOW WATER TO GET INTO YOUR EARS.**
- You may return to your normal activities; however, it is extremely important to keep water out of your ears.
- When showering, use a fitted earplug, a cotton ball with petroleum jelly (Vaseline®) over the outside, or a shower cap to prevent water from getting in your ear.
- If you swim, use earplugs, bathing caps or headbands to keep water out of your ears. Make sure you seal the ear well.
- Ask your surgeon about how to care for your ears if you will be flying or diving.

TUBE CARE:

- **DO NOT TRY TO REMOVE THE TUBES ON YOUR OWN.**
- If we placed tubes in your ears, they will eventually fall out on their own. If they do not fall out, you can leave them in or have surgery to remove them.

SPECIAL INSTRUCTIONS:

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