

# ENT & Audiology Center of Southlake

**Michael D. Bryan, M.D.**

*Diplomate of the American Board of Otolaryngology*

**Amy K. Mettman, M.D.**

*Otolaryngology-Head and Neck Surgery*

## **TYMPANOSTOMY TUBE REMOVAL WITH/WITHOUT TYMPANIC MEMBRANE REPAIR (PAPER PATCH)**

### **SURGICAL INSTRUCTIONS**

#### **On the Day of Surgery:**

THE HOSPITAL WILL CALL YOU REGARDING THE TIME YOU ARE SCHEDULED FOR SURGERY. THEY WILL INSTRUCT YOU AS TO YOUR ARRIVAL TIME AND PRE-OP FASTING INSTRUCTIONS.

**Each hospital will have specific instructions and you should adhere to them. If you are not contacted in advance, or for any reason do not receive specific instructions, use the following guidelines:**

You should **stop** eating all solid foods, candy, gum and milk **eight (8) hours** before the scheduled surgery time.

Further, you should **stop** drinking all liquids, even clear liquids, **six (6) hours** before the scheduled surgery time.

**IF YOU FORGET, AND EAT/DRINK AFTER THE CUTOFF TIME, NOTIFY THE HOSPITAL ASAP, BECAUSE THIS MAY DELAY OR CANCEL THE SURGERY.**

#### **Postoperative Care:**

##### **Diet and Activity Guidelines:**

You are allowed to resume normal diet and activity immediately postoperatively, except for swimming and water precautions explained below.

##### **Pain Control:**

Pain is usually negligible, but if present can be treated with Tylenol or Ibuprofen in almost every case. A prescription for pain medication should not be necessary.

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## Ear Drainage:

1. You may have cotton balls in the ears. When these come out, they do not need to be replaced.
2. You may have clear, amber, or blood-tinged drainage intermittently from the ears during the first 2 weeks. This is normal.
3. If drainage becomes purulent, notify my office.
4. If drainage restarts after the 2-week postoperative period, notify us so we can advise an appropriate action. See follow up instructions.

## Ear Drops:

1. You will be discharged with an antibiotic eardrop. These drops help reduce postoperative drainage and promote healing of the eardrum. You will use these drops every day until your follow-up appointment in 2 weeks. Call if you need a refill.
2. Drops are usually "ophthalmic", or pH balanced, and should not be painful when placed in the ear. Young children may sometimes complain or object to the drops, but this is most likely because of the feeling of wetness in the ear.
3. Hold the bottle of drops in your hand a few minutes to bring them to body temperature before placing in the ears.
4. DO NOT use these drops in the eyes.

## Keeping the Ears Dry:

1. Do not allow any water into the ear until Dr. Bryan/Dr. Mettman has released you (until completion of all postop appointments).
2. Do not use silicone earplugs of any kind.
3. To keep the ears dry during all baths/showers, even when not shampooing, use a small cotton ball (1/3 to 1/2 of a cotton ball) coated in Vaseline as a waterproof barrier. Do not push anything deep into the ear canal; simply seal the canal with the cotton ball.
4. No swimming is allowed until released at the end of the last postoperative visit.

## Follow-Up:

1. Please schedule a 2-week follow-up appointment so that I can be assured that the eardrum is healing. Even if you see another physician in the interim, your surgeon will need to personally check the eardrum. Once the drum has healed, we do not need to schedule routine follow-up appointments.
2. Notify the office first if the ears should drain or bleed after the postoperative appointment.

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