

# Myringotomy with or without Tube Insertion

How to prepare and what to expect

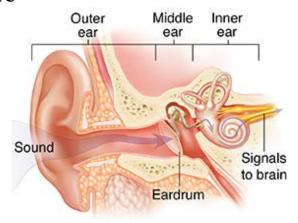
This handout explains how to prepare for myringotomy, how it is done and what to expect afterward.

#### **About Your Procedure**

A myringotomy is a procedure to treat the buildup of fluid in the middle ear. Your doctor will make an incision in your eardrum to relieve pressure and drain fluid.

## **How to Prepare**

 You may feel dizzy after this procedure. Have someone to ready to drive you home afterward. You might not feel dizzy, but it is best to be prepared.



The eardrum is in the middle ear.

You may eat normally and take your regular medicines.

## What to Expect

This procedure is done in the clinic. It will last less than 1 hour. This includes your recovery time.

- First, a liquid *anesthetic* (numbing medicine) is applied to your eardrum.
- Your doctor will then make a small incision in your eardrum and suction out the fluid.
- A small tube may then be inserted through the incision to dry out your middle ear. This helps prevent more fluid from collecting there.

#### **After Your Procedure**

#### Pain

Most patients have very little pain after this procedure. You may take acetaminophen (Tylenol) or ibuprofen (Advil, Motrin), if needed.

#### **Diet**

You may eat your usual diet.

#### **Return to Work**

You will not need to take time off work after this procedure.

#### Self-care at Home

Do **not** allow water to get into your ear until your doctor tells you it is OK.

## **Follow-up Visit**

Your doctor will tell you when you should come to the clinic for a follow-up visit. This visit will be 1 to 2 months after your procedure.

Your follow-up visit is on:

Day	 	 	
Date	 	 	
Time			

### When to Call

Call the clinic nurse or your doctor if you have:

- Fever higher than 101°F (38.3°C)
- Drainage from your ear
- Vertigo (feeling dizzy)

#### Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

- To set up a clinic visit, call the Otolaryngology/ Head and Neck Surgery Center at 206.598.4022 and press 8 to speak to the front desk.
- If you are already a patient and have questions about your treatment plan:

Weekdays from 8 a.m. to 5 p.m., call the Otology Voice Mail Line at 206.598.7519.

After hours and on weekends and holidays, call 206.598.4022 and press 5 when you hear the recording. This will connect you with a nurse on the Community Care Line.