

### Questions?

Your questions are important. Call your health care provider if you have questions or concerns.

#### For appointments:

- Call Otolaryngology – Head and Neck Surgery Center at 206-598-4022.

#### If you are already a patient and have questions about your treatment plan:

- Weekdays from 8 a.m. to 5 p.m., call the Nurse Voice Mail Line at 206-598-7519.
- After hours and on weekends and holidays, call 206-598-6190 and ask for the Otolaryngology resident on call to be paged.

### Notes

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# Myringotomy with or without Tube Insertion

*What to expect and how to prepare*

**A myringotomy is surgery to treat the buildup of fluid in the middle ear.**

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

UW Medicine

UNIVERSITY OF WASHINGTON  
MEDICAL CENTER

Otolaryngology – Head and Neck Surgery Center

Box 356161  
1959 N.E. Pacific St. Seattle, WA 98195  
206-598-4022

UW Medicine

UNIVERSITY OF WASHINGTON  
MEDICAL CENTER

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### **How to Prepare for Your Procedure**

- Arrange for someone to drive you home after the procedure. You will not be able to drive yourself.
- You may eat normally and take your regular medicines.

### **What to Expect During a Myringotomy**

This procedure takes place in the clinic and lasts less than 1 hour, including recovery time.

First, a local *anesthetic* (numbing medicine) is applied to your eardrum. Then a small incision is made into your eardrum and fluid is suctioned out. 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 normally.

### ***Return to Work***

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

### **Precautions and Self-care to Speed Your Recovery**

- 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 be seen in clinic for a follow-up visit. This visit is usually 2 to 4 weeks after the procedure.

### ***Your Follow-up Appointment Is:***

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### **Call the Clinic Nurse or Doctor On-Call If You Have:**

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