

# 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.
- 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.



*The eardrum is in the middle ear.*

## 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 \_\_\_\_\_

## 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.

## 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)