

# COLUMBUS OTOLARYNGOLOGY CLINIC

4508 38TH STREET, SUITE #152  
COLUMBUS, NE 68601-1668

402-563-4500 Fax: 402-563-3520

Nila M. Novotny, M.D., FAAOHNS, FACS, FAAFPRS  
OTOLARYNGOLOGIST  
*Board Certified*

Email: [janovot@megavision.com](mailto:janovot@megavision.com)  
Website: [www.columbusotolaryngology.com](http://www.columbusotolaryngology.com)

Andrea J. Bieganski, P.A.-C.

Ear, Nose and Throat  
Head and Neck Surgery  
Facial Plastic Surgery

## *Care of Your Ear After Myringotomy (Ear Tubes)*

These instructions will help you care for your ear(s) after your myringotomy (opening of the eardrum) and after a temporary tube has been placed in your ear.

- \* For ear pain, your doctor recommends acetaminophen (Tylenol or Datril), in the proper dosage recommended on the label.
- \* Some drainage from the ear is common during the first 24 hours. It may be clear or bloody fluid.
- \* If drainage continues longer than 24 hours, or smells bad, call for physician for a possible recheck.
- \* The temporary tubes placed in the ear during surgery will fall out by themselves (usually in 6-12 months, although this may vary).
- \* Pulsating, popping or clicking sounds in the ear are common for several days after surgery. Feelings of hollowness or fullness are common.
- \* It is alright to get bath water and swimming pool water in the ear unless it is draining or has a tendency to drain. Lake water or other dirty water should be kept out of the ear.
- \* To prevent water from getting in an ear that tends to drain, place cotton covered with Vaseline into the ear or get ear plugs from the drug store. Your doctor can arrange for custom made ear plugs if necessary.

# COLUMBUS OTOLARYNGOLOGY CLINIC

4508 38TH STREET, SUITE #152  
COLUMBUS, NE 68601-1668

402-563-4500 Fax: 402-563-3520

Nila M. Novotny, M.D., FAAOHS, FACS, FAAFPRS  
**OTOLARYNGOLOGIST**  
*Board Certified*

Email: [janovot@megavision.com](mailto:janovot@megavision.com)  
Website: [www.columbusotolaryngology.com](http://www.columbusotolaryngology.com)

Andrea J. Bieganski, P.A.-C.

Ear, Nose and Throat  
Head and Neck Surgery  
Facial Plastic Surgery

## *Care Following Ear Operations*

These general instructions will help you care for your ear after your ear surgery. Use of medication or length of time for limited activity vary with the type of surgery and will be discussed with your by your doctor.

- \* It is normal to have a small amount of drainage in the outer ear. Change the cotton in the outer ear as often as needed, but at least once daily.
- \* For at least two weeks (or as long as recommended by your doctor) following surgery, avoid activities that will cause increased pressure in the ear. These activities include blowing your nose vigorously, lifting heavy objects, straining at the toilet, bending quickly or lying on the ear that was operated on. If you have to cough or sneeze, open your mouth to relieve the pressure.
- \* To prevent water from getting into the ear, gently place cotton covered with petroleum jelly (Vaseline) into the ear before taking a shower or washing your hair.
- \* Popping or crackling sounds in the ear that operated on are common.