

## GENERAL INSTRUCTIONS FOR MYRINGOTOMY WITH TYMPANOSTOMY TUBE PLACEMENT (BMT)

### INTRODUCTION:

Tympanostomy tubes are used to treat recurrent ear infections and/or fluid behind the eardrum with hearing loss due to **Eustachian Tube Dysfunction** (abnormal ear ventilation). The surgical procedure takes less than 10 minutes, and a general anesthetic is used. A myringotomy (tiny incision) is made in the eardrum and a small plastic ventilating tube is inserted. After the procedure is completed, your child will be taken to the recovery room for 15-30 minutes; once fully awake, he/she will return to Outpatient Surgery. Your child can go home usually within one hour.

### ADVANCE PREPARATION:

Dr. Benke will give you a prescription for an antibiotic eardrop to use after surgery. Your child will also be given a one month post-operative appointment that will include an audiogram with the audiologist. You will need to pre-register with the surgery facility at least 3 days prior to the surgery date. **The surgery facility will call you with your arrival time for surgery.**

### DAY OF SURGERY:

Dress your child in comfortable clothing that is easy to take off/put on. Do not give your child anything to eat or drink on the morning of surgery; however, bring a bottle or sippee cup with juice for after the operation. If your child has a fever (Temp = 101), productive cough or thick green nasal drainage on the morning of surgery, contact the surgery facility as soon as possible after 6:00 a.m. If your surgery is at Texas Health Cleburne, contact Outpatient Surgery at (817) 556-4251. If your surgery is at the Cleburne Surgical Center, contact them at 817-645-0811. The operation may need to be rescheduled.

### AT HOME:

- There may be some bloody drainage from the ears-this is normal. Gently clean the outside of the ear with a warm wash cloth and use the antibiotic ear drops as prescribed. Use 4 drops in each ear 2 times a day for 3 days unless told otherwise.
- Discomfort is minimal--use Tylenol as needed.
- A low grade fever is common the first couple of days after the surgery--use Tylenol as needed. Call the office if Temp = 102 or higher.
- If an ear infection is discovered at surgery, you will be given an additional prescription for an oral antibiotic. Please take this as directed.
- Use ear protection at bath time (earplugs or cotton/Vaseline).
- If your child develops thick green drainage from the ear continue the antibiotic ear drops and call the office.
- Dr. Benke will see your child one month after surgery and then every 6 months until the tubes fall out of the eardrum. Generally your family doctor or pediatrician will see your child between these appointments.
- Call Dr. Benke's office for questions: (817)641-3750.