

The Oregon Clinic, Plaza ENT Division
5050 NE Hoyt #655, Portland, OR 97213
Phone: 5034882400 Fax: 5032310121

Patient Information – Post Ear Tube Instructions

(Bilateral myringotomy with tubes- BMT)

What to expect after surgery:

- If you are given antibiotic drops after surgery, place 3 drops in each ear three times a day for 3 days.
- Children may tug at their ears, but this is not necessarily indicative of pain.
- You may see a small amount of blood from the ears for the first day or two. This is normal.
- Drainage may occur in the first few days as well. If it continues after drops are discontinued, call our office.
- Low-grade fever may occur. Tylenol can be used. If the child has a fever greater than 102 degrees F and doesn't respond to Tylenol, call our office.
- Children can return to normal activity the following day after surgery.

How long do the tubes stay in the ears:

On average, tubes remain in the ears from 6-12 months. However, they can migrate out before that or on infrequent occasions, may stay in the ears for several years. If this happens, they will need to be removed.

What should I do if I see bleeding from the ears:

Small amounts of blood soon after surgery are normal. If bleeding is seen from the ears several months later, the child may either be having an infection, an inflammatory reaction against the tubes, or the tube is beginning to migrate out. If this happens, call our office for further instructions.

Can my child swim with tubes:

Children can swim in chlorinated pools after a BMT. As long as children do not dive into the water, or submerge their heads lower than just under the surface of the water, they don't necessarily require earplugs. If children complain of ear pain after swimming, then earplugs are recommended. They should not swim in lakes or in the ocean without custom fit earplugs.

We recommend putting cotton in the ears prior to bathing. Apply a thin coat of Vaseline to the cotton before inserting into ears. This will reduce the chance that soapy water will enter the ear canal.

General Information:

- Children can still have ear infections even with tubes. These tubes will let fluid drain out of the ear, allow for less pain, and also allow for the use of topical antibiotics instead of oral antibiotics. If you can see fluid coming from the ears, call our office for further instructions. Remember, an orange-brown material can come out of the ear canal. This is not worrisome- it is earwax.
- Some children will need another set of tubes after their first set comes out. Should a second set of tubes be needed, removal of the adenoids (adenoidectomy) may be recommended as this procedure reduces the chance of further infections.
- Children who have undergone BMT surgery should be seen in our office every 4-5 months or have their ear evaluated.

If you have questions, please call our office at 503-488-2400

Instructed by: _____

Pt Released to: _____ Date: _____