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INSTRUCTIONS AFTER INSERTION OF MIDDLE EAR VENTILATING TUBES (BMT)

1. Diet and activity should be determined on how the patient feels. Most patients should be able to continue normal activities within a few hours.
2. Drainage from the ear canal, including slight bleeding, is commonly seen for 1-2 days after the tubes are placed. Doctor typically orders ear drops to be instilled after surgery to help with this drainage. If doctor does not order drops, and the drainage persists beyond the 2 days, please call our office. Treatment for the drainage will be ordered over the telephone.
3. DO NOT use Q-tips in the ears at any time. Q-tips can push wax farther into the ear canal and cause obstruction with the ear tube.
4. This procedure is usually not painful. However, if an earache occurs and patient appears uncomfortable, you may administer a dose of regular Tylenol. We hold any aspirin or ibuprofen products for 1-2 weeks after surgery to help prevent any issues with post-operative bleeding.
5. Keep the ear canals dry any time there is exposure to water. We will fit patient with ear plugs at today's visit. Wear these plugs when bathing, washing hair, or swimming in a pool. Custom, molded plugs are also available through our audiologist.
6. The tubes will remain in the ear drum for a period of 3 months to 2 years; the average time is 6-12 months. With the small size of the tubes, you may not know when they come out.
7. Keep your scheduled post-operative appointment and see your surgeon or surgeon's staff every few months as directed.
8. Please call our office if any questions or concerns.