

POST OPERATIVE INSTRUCTIONS

FOR PATIENTS OF DR. JOHN SUPANCE

PROCEDURE: BILATERAL MYRINGOTOMY WITH INSERTION OF TYMpanoplasty TUBES

1. Please make a **follow up appointment by calling Dr. Supance's office at (949) 364-4361**. Ask to schedule the appointment **10-14 days from the date of the procedure**.
2. It is not unusual to observe a bloody discharge after surgery. You may also see yellow, clear fluid or mucous ear drainage immediately after the procedure or at any time while the tubes are in place. **Keep cotton in the ear canal and change it as needed to keep the ear dry**.
3. Apply **Cortosporin ear drops for 3 days (3 to 4 drops per ear, 3 times each day) or as directed by Dr. Supance**. If you observe drainage from the ear after 3 days, continue to use the drops until the day before the scheduled office follow up visit. **If you observe a rash or your child experiences severe pain while receiving the drops, substitute the Cortosporin drops with the Vasocidin drops**.

Note: Warm the drops by rolling the bottle between your hands for 5 minutes. Insert the drops along the side of the canal, then "pump" them into the ear by pushing on the soft cartilage in the front of the ear canal.

4. If, at any time between the first 3 days post op and the follow up visit, you observe foul-smelling discharge draining from the ear, restart the Cortosporin drops for 3 days. If the drainage continues after the 3 days, call Dr. Supance's office for advisement and/or additional medication.
5. **Keep the ear canal dry**. Do not allow water to enter the ear canal while the tubes are in place. Have your child wear ear plugs whenever there is a chance of water contamination of the ear canal (swimming, bathing, washing hair). **If water accidentally enters the ear canal, use the Vasocidin drops you were given on the day of surgery, as directed by Dr. Supance, to prevent water contamination related to ear drainage**.

If you have any questions, please contact the office at (949) 364-4361.

If you cannot reach your physician and believe that your need is life-threatening, please go to the nearest emergency room.