

**Notify the Doctor or
Go to the Emergency Department
if any of the following happens:**

- fever over 38°C or 100°F
- pain not relieved by prescribed medication
- discharge from the ear, this may mean infection and antibiotic ear drops may be necessary

Besides these general instructions remember also:

Myringotomy

Insertion of Tubes into Eardrums

Your Myringotomy will be done:

Date: _____

Time: _____

Place: _____

For more copies, go online at <http://vch.eduhealth.ca> or email pchem@vch.ca and quote Catalogue No. **FI.320.M996**

© Vancouver Coastal Health, February 2015

The information in this document is intended solely for the person to whom it was given by the health care team.

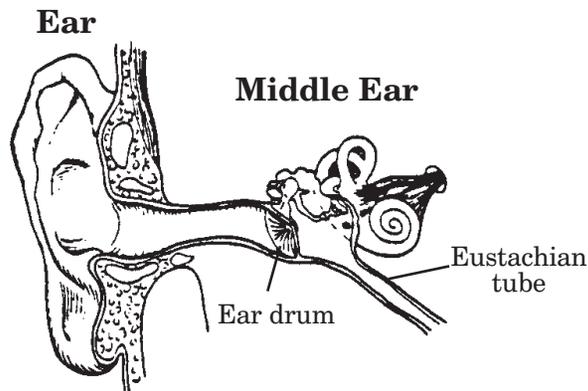
www.vch.ca

General Information

A small tube is inserted through the eardrum to prevent a future build up of fluids. This procedure may take about 20-30 minutes if injected local anaesthetic is used or 1-5 minutes if directly applied anaesthetic (Phenol) is used.

Why is this procedure necessary?

Sound waves entering the ear strike the eardrums and cause them to vibrate. These vibrations are the basis of good hearing. Unless the pressure behind the eardrum is equal to the pressure in front of it, the eardrum cannot vibrate freely. Blockage of the eustachian tube connecting the back of the nose with the middle ear can cause a build up of fluid behind the eardrum which affects its vibration. A myringotomy and ventilating tube will help ventilate the middle ear thereby preventing a fluid build up.



How is the procedure done?

1. You will be lying down.
2. The doctor may inject a local anesthetic into your ear canal or apply anaesthetics to the eardrum by touching it (just as the dentist freezes your gum).

3. When this takes effect, with the aid of a microscope, the doctor will make a tiny incision in your eardrum and sometimes using a fine suction tube the doctor will draw out the fluid from behind the eardrum (You will experience unusual noises inside your ear.). The fluid will settle on it's own if not removed by the suction tube over a day usually.
4. A small teflon tube (about the size of a pencil point) is then positioned in the incision.
5. The procedure may be repeated for the other ear.

Will it hurt?

No. You will feel a pinprick similar to the sensation when receiving freezing at the dentist.

Some people feel a little dizzy after the procedure. The dizziness should pass in an hour or two. If this happens to you, don't drive home until you feel well or arrange to have someone drive you.

Follow-Up Care

- Don't get water in your ears while the tubes are in place.
- When washing around your ear, taking a shower, or having a shampoo, make a water proof plug for your ear by dipping a piece of cotton batting in Vaseline.
- Don't swim until the doctor indicates.
- The tubes are usually not removed. They will usually fall out on their own (3 months to 1 year).

Follow-Up Appointment

Ensure you keep appointments for follow-up care with your Doctor. Contact your Doctor's office to arrange for an appointment.