

Bilateral Myringotomy and Tubes (BMT)

Dr. Marcincuk's instructions for postoperative home care:

After surgery:

- You may feel sleepy and fussy on the day of surgery
- You may have some clear or blood tinged drainage from one or both ears
- You will be sent home with antibiotic drops and instructions in their use.

The dressing:

- You may have cotton balls in your ears.
- You may remove the cotton balls when you get home.
- You do not need to replace the cotton balls.

If I have pain:

- You may take a non-aspirin pain reliever, such as acetaminophen (Tylenol), or ibuprofen (Advil or Motrin).
- Take your regular dose based on age and weight according to the instructions on the bottle.

School and activities:

- You may return to your normal activities when you feel ready. Generally this is about 24 hours after surgery.
- You can return to work, school, or daycare the day after surgery.
- For children who submerge their heads in water activities (bathtub, pool, swimming), ear plugs are generally recommended. Otherwise, try to keep water out of the ear canals.

When to call Dr. Marcincuk:

- Bright red blood draining from the ear.
- Ear pain that is not relieved by non-aspirin pain medication.