

## **Dr. Isaac Namdar's instructions for:**

### **MYRINGOTOMY AND TUBES**

#### **Before Your Surgery:**

Dr. Namdar's assistant will review the preoperative instructions with you in detail. Make sure you follow instructions regarding medications, and if instructed so, obtain a medical clearance and necessary lab work from your primary care doctor.

Dr. Namdar's office will contact you a day or two before the surgery to discuss with you the exact time that you need to arrive for your surgery. You may also get a separate phone call from the hospital confirming the time and the location.

#### **Day of Surgery:**

Kindly show up at the designated time for your surgery. Pediatric patients need to come in with their parents or their legal guardian. All patients need to be on a completely empty stomach, meaning no food or liquids after midnight the day before.

Upon arrival to the hospital, please proceed to the security desk and tell them that you are having surgery. They will guide you through to the pre-operative preparation area where you will meet the nurses and the anesthesia doctors. Dr. Namdar will also meet you there to prepare you for your surgery.

#### **Surgery:**

The surgery is performed under mask anesthesia. For most patients, this will take approximately half an hour.

#### **Recovery:**

At the completion of the surgery, the child be taken to the recovery room. The parent's can meet their children immediately in the recovery room. Many children experienced drowsiness and resultant anxiety upon waking up from the anesthesia. It is common for most children to express some distress during the recovery phase.

Most patients will be observed in the recovery room 1 hour, and you can go home once the recovery room nurses think that you are safe for discharge. All patients need to be escorted home upon discharge.

#### **Medications:**

- You will be given prescriptions for eardrops. Please apply these to the ears as instructed.
- Most patients may need no pain medicine, or occasional children's Tylenol for the first couple of days.

### Postoperative Instructions:

Please be careful about any water exposure into the ears. Typically, you may use a cotton ball in the ear canal during showers. Dr. Namdar also recommends refraining from swimming for the first two weeks after the surgery.

Due to the nature of the ear tubes, which are designed to facilitate drainage of middle ear fluid, you might expect some fluid draining for the first few days. As long as the fluid is clear or has a yellowish tint, this is normal. Please notify Dr. Namdar if the secretions become cloudy or if they have a foul smell to them.

### Post-Op Visit:

Dr. Namdar would like to see his myringotomy patient's at two weeks after the surgery. Please contact the office to make an appointment for your postoperative visit.