Myringoplasty
Care after surgery

What is a Myringoplasty?
Myringoplasty (my-RIN-go-plast-E) is a surgery to repair (patch) a hole in your child’s eardrum. It is an outpatient day surgery, generally taking 10 to 30 minutes.

How should I care for my child’s ear after surgery?
• Be gentle with your child’s ear.
• Make sure your hands are clean when doing any ear care.
• Avoid and prevent any hits or bumps while the ear is healing.
• Apply ear drops as directed by your doctor.
• Bathing/swimming and water exposure to the operated ear:
  o Keep water out of your child’s ear until their follow-up visit with the doctor after surgery.
  o Wait at least 2 days after surgery to wash your child’s hair.
  o Use wax ear plugs or cotton balls covered with Vaseline to keep water out of your child’s ear canal when they take a bath or shower after surgery.
• You may use cotton in the ear while sleeping or after putting in ear drops to help soak up ear drainage.
• Avoid strenuous activities for at least 2 weeks or as directed by your doctor.
• If you travel a distance to the hospital, you can drive or fly home within 2 days of surgery. Avoid driving over high mountain passes or flying between 2 days and 2 weeks after surgery.
• Your child may notice that food may taste different after surgery on one side of the tongue. This usually goes away after a few weeks.

What should I do if my child has drainage from the ear?
Often gelfoam (gelatin like material) is placed in the ear canal during surgery. It will slowly come out of the ear over the next few weeks. It is normal to have pink or bloody drainage from the ear canal after surgery. Use the ear drops as directed. Call your doctor or nurse if the ear drainage becomes thick, yellow or smells bad.

What should I do if my child has pain?
Your child’s ear will feel uncomfortable for the first few days after surgery. Use acetaminophen (Tylenol) or ibuprofen to relieve discomfort. Check with your doctor first before giving any type of medicine to your child. Rest will help, too. If your child has extreme pain or discomfort, please call your doctor or nurse.
What should I do if my child catches a cold right after surgery?

It is hard to avoid colds, but please try. Getting plenty of rest, eating a balanced diet, and washing hands often will help. If your child catches a cold, help them to not blow their nose with force. Gently clear all secretions from the nose and mouth. Remind your child to sneeze with their mouth open. This will help prevent extra pressure in the ears.