



TPMG Ear, Nose and Throat Specialists

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BMT (Bilateral Myringotomy with Tubes) - Discharge Instructions

1. You may resume a normal diet.
2. You may resume normal activity.
3. Keep water out of ears. At bath time, coat a cotton ball with Vaseline or wax earplugs and place it in the ears. When swimming in the ocean or river, use wax earplugs.
4. You may notice drainage from ears for 2 days. Call our office if it persists longer.
5. Take Tylenol every 4 hours as needed for pain. Avoid aspirin or aspirin products.
6. Use ear drops as directed by your doctor.

Special instructions: _____

Notify doctor if:

- Pain is not relieved by pain medication
- Temperature above 101°F
- Continuous nausea and vomiting