

MYRINGOTOMY AND TUBE INSERTION (ADULTS)

Patient and Family Information

What is a myringotomy and tube insertion?

A myringotomy refers to the making of a tiny incision in the ear drum. This is usually followed by an insertion of a small plastic tube through the incision.

Why do I need this procedure?

There are different reasons for undergoing a myringotomy and tube insertion.

One or more of the following reasons may apply to you:

- Glue ear (otitis media with effusion) – This refers to the build-up of fluid behind the ear drum affecting hearing.

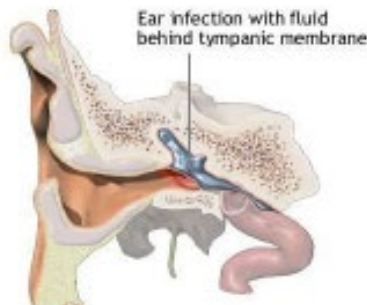


Image Source: A.D.A.M 2018

- Recurrent episodes of ear infection

What does this procedure involve?

The procedure is performed under local anaesthesia. Following the administration of local anaesthesia, a tiny incision is made in the ear drum. Any fluid behind the ear drum is removed using a suction device. A small plastic tube is then inserted into the ear drum to keep the middle ear aerated for a prolonged period of time.

What are the risks associated with this procedure?

There are potential complications associated with any surgery. This may pertain to the administration of local anaesthesia or the surgical procedure itself. You should speak to your doctor about these risks. Some of the potential complications following a myringotomy and tube insertion include:

- Pain
- Bleeding
- Persistent discharge from the ear (tube otorrhoea) – This will usually improve or resolve with water precaution, ear clearance in clinic and topical antibiotics. Tube removal may be necessary if discharge persists.
- Placement of tube into middle ear
- Early extrusion of tube
- Persistence of hole in ear drum after extrusion of tube
- Scar tissue formation on ear drum (tympanosclerosis)

What are my alternative options?

You may opt for a period of observation (3 – 6 months) for spontaneously resolution of any glue ear.

What can I expect immediately after the procedure?

You will be discharged on the day of the procedure.

You may experience some pain or discomfort after the operation. Please take the pain medications and/or eardrops as prescribed. Refrain from digging your ear with anything (e.g. cotton buds), spraying water into your ear during shower or swimming under water/diving.

Tubes are generally allowed to remain in place until they eventually fall out of the eardrum on their own as the ear heals. While the tube is in place, routine clinic follow-up will be arranged.

Should you have any pre or post operation queries, please call us at 6772 4551 or email us at ent_fc@nuhs.edu.sg.

For urgent medical attention, please walk into the clinic during operating hours (Monday to Friday, between 8.30am to 5.30pm) or visit the Emergency Department after clinic hours.

References:

- A.D.A.M:
<http://www.adam.com>
<http://aia5.adam.com/graphics/images/en/10050.jpg>

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