

Post Ear Tube Instructions

What to Expect:

- After surgery, the patient may have some mild ear discomfort. This is generally relieved with over the counter pain medicine, such as Tylenol®/Acetaminophen.
- Because the patient may be hearing better after surgery, loud noises may be frightening. Most become used to this with a little time.
- Patients usually get better very quickly after this brief anesthetic, however may feel temporarily drowsy or nauseated and may take a long nap after surgery. Let the patient rest as much as needed on the day of surgery.
- Most children can participate in normal activities the day after surgery.
- Mild ear drainage may occur after surgery, especially if there was fluid in the ears at the time of surgery. It is normal for the drainage to be blood tinged.
- A low grade fever may occur following surgery. If fever is higher than 101.5°, please contact your physician.

Diet:

- Please follow a bland diet for the first 24 hours, as general anesthesia may upset some patient's stomachs. Resume general diet after 24 hours.

(continued on back)

Medication:

- Your physician may send you home with ear drops and instructions will be given.
- The ear drops sometimes bother the patient. This is often helped if you warm the drops in your pants pocket or hands before using. **NEVER** warm by other means (for example, microwave/stovetop).

Ear Care:

- Each physician has different recommendations for swimming, bathing, and keeping the ear dry — please follow your physician's instructions. Sometimes plugs are recommended, sometimes they are not. Water in the tube and middle ear may cause ear infections/drainage.
- Follow up with the physician is often recommended every 3 to 4 months while the tubes are in place. A pre and post operative hearing test may be recommended.
- You should never use a cotton swab to clean the ears. This can clog the ears with wax and even damage the eardrum.
- If an ear becomes infected after tubes are in place, the ear will drain. Please notify your physician if the ear drainage worsens or heavy bleeding occurs.