

# 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 uses 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.