

## Ear, Nose, and Throat Consultants, Inc.

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### Post-Operative Instructions for Ear Tubes

1. Diet- After your child has recovered from the general anesthetic you may offer your child some clear liquids. If this is well-tolerated, you may proceed to regular food.
2. Activity- Your child may not act in his or her usual way for a few hours. As the anesthetic wears off, your child will be more able to resume normal activities. By tomorrow, he or she should not have any restrictions.
3. Pain – There is usually little or no pain following a tube insertion in the ear. If there is any discomfort, your child may be given acetaminophen (such as Tylenol, Liquiprin, Tempra, or Panadol).
4. Drainage- Sometimes there is some spotty, blood-tinted drainage from the ear after the tube is inserted. This usually dries up after two or three days. If it persists or gets heavier after that, please call the office. Drainage from an ear with a tube is a sign of infection. This can be treated with drops. Call if this occurs.
5. Fever- There should be no fever.
6. Follow-Up Visit- The post-operative appointment should be in approximately two weeks. If you do not already have a follow-up appointment, please call the office later today to set one.
7. Call our office if any questions or problems arise.
8. Ear drops - If you were given drops to use, put them in your pocket for a few minutes to warm them up to body temperature before use. Follow the directions on the bottle. Be aware that sometimes eye drops (ophthalmic drops) are prescribed for use in the ear.
9. Water precautions: Your doctor recommends no diving without ear plugs. Your doctor **may** suggest ear plugs for bath and hair washing.