

## **POST-OPERATIVE INSTRUCTIONS & MEDICATION – EAR TUBE**

### **Pain Control**

- Child may have an earache for a couple days after surgery.
- Tylenol (15 mg/kg) every 6 hours. May add Ibuprofen (10 mg/kg) every 6 hours, if needed. For maximal pain control, consider alternating Tylenol and Ibuprofen so patient gets one of them every 3 hours.
- **Your child weighs \_\_\_\_\_ kg**

### **Antibiotic Ear Drops**

- The office should have already prescribed antibiotic ear drops for use after surgery. **Use 5 drops in each ear twice daily for \_\_\_\_\_ days.** If your child's ears are still draining, then continue to use the ear drops. Stop using the ear drops 2-3 days after the ears have stopped draining.
- You will be able to diagnose an ear infection in the future because you will notice drainage from your child's ear. Your child will not need oral antibiotics because the ear drops will deliver a strong antibiotic right to the source of the infection. When you notice ear drainage in the future, please start using ear drops again (5 drops twice daily) in the draining ear. Use drops until the ear has stopped draining and then use for 2-3 more days to help ensure that the infection has resolved. The office has given you plenty of refills of the ear drops. Please call the office if you need another refill in the future.

### **Ear Care**

- Large cotton balls were placed in your child's ear at the end of surgery to help catch any drainage. Often these fall out on their own soon after surgery. If you notice they are still there, you may remove them as you are leaving the hospital/surgery center.
- It is not unusual to have some bleeding after surgery. Don't be alarmed if you see a little blood on the cotton ball or some bloody drainage from the ear canal for 24-48 hours after surgery. If there seems to be continuous bleeding, you may purchase some nasal decongestant spray (Afrin or similar; active ingredient is Oxymetazoline) and squirt some into the bleeding ear every 1-2 hours until the bleeding has stopped. If the ear continues to bleed, please contact Dr. Sheffield.

### **Activity – no restrictions**

### **Diet**

- Regular diet. Sometimes people have nausea for the first 24 hours after general anesthesia. It is reasonable to start slowly and with some small light meals the first day. Make sure child is drinking plenty of fluids.

### **Water Precautions**

- The American Academy of Otolaryngology published Tympanostomy Tube Guidelines in 2013 which stated: "*Routine, prophylactic water precautions SHOULD NOT be encouraged for children with tympanostomy tubes.*"
- In our experience, it may be reasonable to consider ear plugs if the child will be spending significant time submerging head in "dirty water" such as lakes, ponds, or rivers.

If you have questions or concerns, please contact the ENT department during normal weekday hours; for nights and weekends, feel free to call Quincy Medical Group main operator, and they can help you get in touch with us.