



## Tympanostomy with Insertion of Ventilation Tubes (Ear Tubes) Post-Operative Care and Instructions

### **DIET:**

The patient may start a clear liquid diet following surgery and advance the diet over the next 24 hours to a regular diet as tolerated.

### **MEDICATIONS:**

After the placement of ear tubes, the doctor will have you place ear drops into each ear. Use ear drops 2 times a day for 5 days. Remember to “pump the drops” into the ear about 10 times to get the medicine in the ear and the tube. This is done to prevent infection. The drops are not formulated to cause pain, but some children find the sensation of drops going through the tube and into throat (which is expected) to be uncomfortable.

The ear tubes should not cause any significant pain. If there is any discomfort, use Tylenol for relief. Use the age and weight appropriate dose for your child per the package instructions.

### **WATER:**

It is important to keep water out of the ears. Water can carry bacteria into the ears, causing an infection. No swimming or showering for the first 2 weeks; baths are okay. Care should be taken when washing hair. Water can be kept out of the ears by using earplugs or by placing a cotton ball in the bowl of the ear (NOT into the ear canal) and placing a small amount of Vaseline petroleum jelly on the OUTSIDE of the cotton ball to repel water. The best plugs available are custom-made earplugs, but you may also obtain standard earplugs at a drugstore. When swimming, a neoprene headband should be worn over the earplugs to keep them in place. (For example the Ear Band-it – [www.earbandit.com](http://www.earbandit.com))

### **NAUSEA:**

After surgery, there may be some nausea and vomiting due to the general anesthesia used during the operation. It will usually go away as the medicines are cleared from the body. If there is nausea, limit the diet to clear liquids until symptoms subside.\_

### **DRAINAGE:**

There may be a small amount of clear or blood-tinged drainage from the ears for 1-3 days. This is not unusual and is often from a tiny incision made in the eardrum, and from fluid in the ear.

### **INFECTIONS:**

Ear infections will probably be much less frequent or absent now that tubes are in place, but they can still arise occasionally. If an ear infection occurs, you may see drainage coming out of the infected ear. If an ear begins to drain, restart the eardrops at home and call our office if drainage continues for more than 3 days.

**FOLLOW UP:**

The ear tubes are expected to stay in place for 6-18 months. The eardrum naturally pushes out the ear tube over time and is often found in the earwax, which can be removed by Dr. Scotch or Dr. DiPasquale.

Most children can return to school or daycare the 2 days after ear tube insertion.

We request a follow up visit approximately 3 weeks after the surgery, and then every 6 months for a routine check.

**Your post-operative appointment is scheduled for:**

Date: \_\_\_\_\_

Time: \_\_\_\_\_