

EAR TUBES POST OPERATIVE INSTRUCTIONS

1. Activities

- There are no limitations on activity or diet after the surgery.

2. Precautions

- The operation to place tubes generally causes little discomfort. Should there be a complaint of pain, use Tylenol as directed on the package.
- There may be some blood-tinged drainage on the cotton placed into the ear after the operation, and this is normal. The bleeding should stop within 24 hours.
- The ears must be protected for one week from any water. After the placement of tubes, please use wax silicone ear plugs which you may purchase at the pharmacy or substitute cotton rolled in Vaseline. Cotton alone does not work, since this will draw water into the ear.
- Should the ears be exposed to bath or chlorinated pool water, no water precautions are necessary once the tubes have healed.
- Custom ear molds are recommended for frequent pool swimming or in non-chlorinated water. They offer the best protection and are available through our audiology department. Please call our office for additional information.

3. Medications

- If ear drops are prescribed these are to be used in the following manner:
 - Place 5 drops in each ear, twice a day, for 5 days. After 5 days, place the remainder of the drops in the refrigerator.
 - Should there be any burning, pain, or discomfort from the drops stop their use. Usually no other drops or medication are needed.
 - Should there be any copious yellow, bloody, or green drainage from either ear, continue using the ear drops and call our office for an appointment.

- Keep in mind that Ear Tubes are meant to allow fluid to escape, therefore some discolored drainage is completely normal and means the tubes are doing their job!

4. Call your Doctor if you develop:

- Temperature of 101 or above.
- Pain not relieved with the prescribed pain medication.
- Labored breathing, shortness of breath, or respiratory distress within the first week after surgery.