

Vail Valley Ear, Nose & Throat Group, P.C.
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POST-OP INSTRUCTIONS

TYMPANOTOMY AND TUBES

Recovery from the placement of tubes in the ears is usually relatively quick. Your child will generally be fussy and irritated the morning of surgery, but by the afternoon after surgery he or she should be relatively comfortable. **We recommend giving your child a dose of Ibuprofen the morning of surgery.** If needed, you may give an additional dose of either Tylenol or Ibuprofen every 4 to 6 hours after surgery. I recommend someone stay home with your child the day of surgery, but the following day he or she may return to their normal schedule including day care, etc.

It is not uncommon for the ears to drain after surgery, and in fact it is better for the fluid to drain if indeed it is present. Therefore, do not be alarmed if you see fluid coming from the ears for the first few days after surgery. The fluid may be clear and runny or it may be thick and purulent. It may even be slightly bloody. You will be given ear drops to use after surgery. Even if there is fluid coming from the ears, it is important to use the drops as directed, and use them until the drainage stops. Please use 3 drops in each ear 3 times a day for 1 to 3 days (I will tell you how long to use these drops after surgery, depending on what is found at surgery). You may also be instructed to continue oral antibiotics for 7 days after surgery if an acute infection is encountered at the time of surgery.

For infants less than 3 years of age I generally tell parents not to be concerned with water getting in the ears after surgery. You may bathe your child as usual, including washing his or her hair. He or she may also play in water such as the pool, kiddy pool, sprinklers, etc. Even if water gets into the ear canal, it will not pass through the tube unless the water is under pressure, and it takes about 2 feet of water pressure to pass through the size tube that I use. Therefore, your child's head should not go deeper than two feet under water. In older children and adults I do generally recommend ear plugs while bathing or swimming.

I should see your child about 1 week after surgery. Please call for an appointment, if one has not already been made. Also, do not hesitate to call for any questions or concerns after surgery.