



# Patient Instructions

## POSTOPERATIVE INSTRUCTIONS FOR PATIENTS UNDERGOING: Ear Tube Placement

Once your child feels better, all normal activities may be resumed. Your child may have a small amount of bleeding or light-yellow fluid from the ear(s). Please notify the doctor's office if the drainage is continuous or the bleeding is excessive.

The doctor may send your child home with some ear drops to prevent a bacterial infection. If there is cotton in the ears, it may be removed in the afternoon or evening on the day of surgery. Additional considerations include:

- when your child needs to blow his/her nose, encourage them to do so gently
- sneezing should be done with the mouth open
- when resting or sleeping, the head should be elevated on at least two pillows

### Swimming/ bathing

Try to avoid water from entering the ear for up to 10 days. It is more of a problem if soap or dirty lake/river water enters the ear through the tubes than if just tap water does. For this reason, when bathing or swimming avoid water by place a small amount of Vaseline on a cotton ball and gently place in the ear. Once the threat of water is removed, so too can the cotton ball. Or when swimming, washing hair or showering, use swimmer's ear plugs. Washing ears with a face cloth is allowed.

### Pain Control

A slight earache is not unusual. This is usually relieved by giving your child Acetaminophen or Tylenol. Severe pain must be reported to your physician.

### Notify your doctor if the following occurs:

- There is excessive bleeding for more than three days
- There is excessive drainage for more than three day.
- Fever greater than 101
- Ear pain lasting more than two days.
- A displaced tube (out of the ear)