

## **PEDIATRIC POST-OPERATIVE INSTRUCTIONS FOR EAR PRESSURE EQUALIZING TUBES**

### **General Instructions:**

1. Most children recover from surgery and anesthetic within a few hours. Most children do not require pain medication afterwards, but acetaminophen (Tylenol) or ibuprofen (Motrin, Advil) may be given if your child experiences discomfort or is fussy. A few children may experience nausea or fatigue, which should resolve on its own within a few hours.
2. If antibiotic ear drops have been prescribed, please use them as directed.
3. Your child may resume normal activities including school or day care the day after surgery.

### **Drainage**

1. Drainage from the ears may occur during the first few days following tube insertion. This represents clearance of any residual middle ear fluid and can be any color (clear, cloudy or bloody). It is also normal if you do not see any ear drainage postoperatively.
2. Ear drainage should resolve by the time you have finished the prescribed ear drops. Please notify the office if ear drainage persists or starts again once you have finished giving the ear drops.

### **Water Precautions**

1. During bathing you should prevent soapy water from flooding the ears, especially when rinsing shampoo from the hair. You may use silicone earplugs or cotton balls with the outer surface coated with Vaseline, a wash cloth or your hand cupped over your child's ear while rinsing.
2. Children may swim in a pool without ear plugs even if swimming under water. Some children dislike the feeling of water entering their ears during swimming and may wear ear plugs for comfort.

### **Follow-Up**

1. Your child should be seen in the office 1-2 weeks after surgery to check the position of the tubes to see that they are open and functioning well and arrange any post operative hearing testing that may be appropriate. Please call our office to schedule this appointment if it has not already been arranged.
2. Please contact our office at 804.765.5320 (Petersburg and Chester) or 434.632.1685 (Emporia) with any problems or questions.