

PATIENT INSTRUCTIONS FOR EAR TUBES

Things to do:

- **Medications:** Eardrops containing antibiotics and steroids will be prescribed. Please apply 4 drops into each ear twice daily for 7 days. Mild discomfort after surgery can be controlled with Ibuprofen and/or Tylenol.
- **Wound Care:** If there is discolored ear drainage 24-hours after the surgery, please contact my office for instructions on performing gentle ear irrigations.
- **Diet:** A liquid diet is typically initiated after your surgery and a normal diet may be resumed the evening of surgery.
- **Activity:** You should rest the day of your surgery. Normal activities may be resumed the day after your surgery including daycare, school or air travel.
- **Follow up:** You will have a follow up appointment 1 month after surgery. A hearing test will be performed during this visit.

Things NOT to do:

- Earplugs are not required for baths or showers but we do not recommend submerging your ears in dirty bath water.
- Earplugs are not required while swimming in chlorinated pools unless you are routinely swimming underwater.
- We do recommend 'custom' earplugs for anyone who routinely swims underwater, swims in lakes or rivers and can be obtained at my office.

My office is eager to support you through this process. Please do not hesitate to call if you have any questions or problems. Call my office if you have excessive bleeding, ear drainage, persistent fever >102, severe pain not relieved by pain medication, continued nausea and vomiting or any other concerns.