

EAR TUBE (TYMPANOSTOMY) INSERTION **CARE AT HOME INSTRUCTIONS**

What should I expect after surgery?

The ear tube usually remains in the eardrum for approximately nine months. Because the tubes are so tiny, you may not notice when they drop out.

Will my child be in pain?

You child may notice an increase in loudness or hear popping and may experience mild discomfort. If your child complains of pain:

- Use acetaminophen (Tylenol® or Tempra®) or Ibuprofen (Motrin® or Advil®).
- At first, give your child acetaminophen every four hours for the first 24 hours after the operation. Then you may give your child acetaminophen every four hours as needed. Do not give more than five doses in 24 hours.
- Follow the instruction on the package, using your child's age or weight for the correct amount of pain medication to give and how often to give it.
- Give the pain medication as soon as your child complains of ear pain. Do not wait.
- Do not take Aspirin or Aspirin containing products.
- Talk to your pharmacist or surgeon if you have questions regarding your child's medications.
- Your child's weight is _____ kg; acetaminophen was last given at _____.

What about regular activity?

Regular activity the day after the procedure is encouraged, or as long as your child does not need pain medication.

Are there other precautions?

- Please keep the ears:
 - Use cotton balls sealed with petroleum jelly during bathing or showering for the first week after surgery. Avoid getting dirty or soapy water into the ears.
 - Avoid water sports until your follow-up appointment.
- Avoid diving while the tube(s) remain in place.
- Do not clean the ear after surgery or place anything in the ear.

What about follow-up care?

Follow-up care is a key part of your child's treatment and safety. Be sure to make and go to all appointments and call your doctor if you are having problems.

- Call the next day and schedule a follow-up appointment for _____ weeks after the surgery.

When should I call the doctor?

You should seek medical advice when your child has:

- Fever higher than 38.5°C for longer than 24 hours.
- Any drainage, especially drainage that is blood like, yellow/green in color.
- Ear pain that cannot be controlled with the medication that you have been given.

**For postoperative questions or concerns, please contact our
Pediatric ENT Nurse Practitioner at 780.407.1966
weekdays (Monday to Friday) from 7:00 a.m. to 5:00 p.m.**

If you have problems that you cannot resolve, and you are unable to reach the doctor or nurse practitioner, please be sure to take your child to the nearest emergency department