



Department of Otolaryngology

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860.545.9650

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POST-OPERATIVE INSTRUCTIONS FOR TYMPANOSTOMY TUBES

Most children can resume normal activity the day after surgery.

Diet and Nutrition

Start with breast milk or formula for babies and clear liquids (water, apple juice) for older children. If those fluids are tolerated, then your child can resume a normal diet without restrictions. If vomiting occurs, stop feeding for one hour, then give clear liquids and advance slowly to a regular diet.

Medication

Patients usually experience little or no post-operative pain. If needed, give your child over-the-counter acetaminophen (Tylenol) or ibuprofen (Motrin/Advil) per dosing instructions on the label. After surgery, you will receive ear drops to put in your child's ears. Place five drops in each ear twice daily for five days unless instructed otherwise to control ear drainage and prevent blood and debris from clogging the tube.

If your child develops an ear infection with tubes in place, you will see a creamy, foul smelling discharge from the ear. This should be treated with ear drops. Call our office or your primary care physician to get a prescription. If the drainage continues for more than two weeks, your child may need to be examined.

Bathing

Your child does not need to use any ear plugs when taking showers or baths after surgery. The small amount of water that collects around the ear is not problematic.

Follow-up Appointments

Schedule an appointment for 4-6 weeks after surgery to check that the tubes are in place and functioning properly. After that, your child should be checked about once every six months until the tubes fall out. The tubes usually stay in place 6-24 months.

Should you have any additional concerns, please call us at **860.545.9650**. Call our office immediately if you notice any of the following:

- Pain not treated with medication
- Drainage from the ear that does not stop after 14 days of drops
- Fever of 101.5°F or greater