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## Post Operative Instructions: Tube Myringotomy (With or Without Adenoidectomy)

**The Ride Home:** Your child will be awake and able to ride seated in the car at the time of discharge.

**Diet:** There are no dietary restrictions.

**Activity:** There is no need to restrict activity once your child recovers from the anesthetic. Children are usually able to return to school the day after surgery.

**Pain:** Tylenol at the age appropriate dose works well for post operative pain.

**Nausea:** If nausea occurs, it is usually brief, does not result in dehydration, and does not require medication. Call the office at 268-4141 if nausea is still present the day after surgery.

**Post Operative Visit:** It is important that the ears be checked by your doctor a week or two after surgery.

**Ear Care:** You will be given a prescription for drops to be used in the ear. Put four drops in each ear the afternoon and evening of the day of surgery and three times the following day. If there is drainage from the ears after the second day, continue the drops (two times a day) for five days total. If there is no drainage after the second day, save the remainder of the drops to be used in case the ears drain at a later date.

**Swimming:** It is possible for water to carry germs through the tube into the middle ear and start an ear infection. There is very little chance that this will occur with bathing, splashing, or hair washing. Older children who submerge their ears should use ear protection. Malleable silicone ear plugs work well as long as they are still sticky. Headbands may be helpful. Our group audiologist is able to make custom molded ear plugs. This can be done at the time of the post-operative visit if scheduled in advance.

**Drainage:** Discharge from the ear after the post operative visit means that the ear is infected. Should that occur, contact the office.

**Long term follow-up:** Your child's ears should be examined every six months by your doctor until the tubes have come out and the myringotomies have healed.

**Adenoidectomy:** There is a chance of active bleeding during the first two weeks after adenoidectomy. Call the office if bleeding occurs.

Old Farm Professional Plaza  
4000 South 700 East #10  
Salt Lake City, UT 84107  
(801)268-4141

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Salt Lake City, UT 84107  
(801)268-2822

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74 East 11800 South #360  
Draper, UT 84020  
(801)260-3687

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