

EAR, NOSE AND THROAT SPECIALISTS OF NORTHWESTERN PA

3580 PEACH STREET • ERIE, PENNSYLVANIA 16508 • PHONE 814/864-9994

POSTOPERATIVE INSTRUCTIONS PRESSURE EQUALIZATION TUBE INSERTION

1. Since your child has had a short general anesthetic procedure, proceed slowly with diet. Start with clear liquids and progress to a light, then normal diet as tolerated.
2. If nausea or vomiting occur, it should not last longer than 12-20 hours after surgery. Otherwise, notify our office at **864-9994**.
3. Your child may be somewhat tired for a few hours after surgery. This is not unusual. Allow your child to resume normal activity as directed.
4. There may be drainage (clear to slightly bloody only) for the first 2 to 3 days postoperatively. Clean any drainage from the outside of the ear **ONLY** with hydrogen peroxide on a Q-tip. Do not worry about cleaning the inside of ear canal. If the drainage is different than described above, or persists beyond 48 hours, please notify our office at 864-9994.
5. Your doctor may prescribe eardrops following surgery. Please follow the instructions circled below:
 - a. For the first 3 days after surgery, use the ear drops as prescribed. After 3 days, use the drops only if you suspect that you have gotten water in the ears. We may also tell you to use the drops if infection is suspected.
 - b. Use the prescribed drops only if you suspect water contamination of the ear(s). Use the drops in the ear at the time of exposure. If any problems persist, call our office at 864-9994.

LONG TERM CARE OF THE EAR

1. The pressure equalization tube generally stays in the ear 8 to 12 months. During that period of time the only extra care required is to prevent soapy water, as well as non-chlorinated water (such as lake water) from getting into the ear. Surface swimming in a swimming pool does not require any extra ear protection!

Bath water may be kept out of the ear by placing a small wad of cotton in the ear canal and rubbing a small amount of Vaseline on this to make a water-tight seal. If your child swims in the lake then MAC Ear Plugs may be purchased from the local drugstore. These are soft plastic ear plugs molded to fit the ears. If this does not work then our office can make custom ear molds for your child. This plastic mold will fit to the exact contours so that you are getting a water-tight seal.

Recent studies by the U.S. Navy have shown that wearing ear plugs while swimming in a clean chlorinated pool can actually lead to more ear infections!

2. If you ever notice pain or drainage from the ears call your family physician. This could indicate an ear infection. In addition, bloody drainage may also be noted from the ear. This is not an emergency! This simply indicates that there is probably an ear infection present. Your family physician or pediatrician will treat the infection and have your child seen by us as they deem appropriate.
3. We ask that you see us for the first postoperative visit 3 to 4 weeks after surgery. After this we will check your child every four months.