



## Virginia Ear, Nose, & Throat Associates

### Post Operative Ear Tubes and Adenoidectomy Instructions

1. Your child may be irritable or fretful during the first few hours after surgery. Generally, behavior returns to normal after a nap.
2. Liquids are allowed as soon as you leave the hospital. If nausea occurs, wait 30 minutes and try liquids again. A regular diet can be resumed three hours after leaving the Surgery Center. If citrus juice or other foods seem to irritate your child, avoid those foods.
3. Normal activity is permitted as tolerated by the child.
4. Mild fever is expected. Use Tylenol, Motrin, or a sponge bath to bring down temperature. If the fever persists after using Tylenol or Motrin and it is above 101.5, call the office.
5. Mouth odor is expected during the first two weeks. Nasal congestion and thick drainage is expected, saline drops can be used.
6. Use Tylenol or Motrin for pain.
7. Bleeding is rare following an adenoidectomy. If bleeding occurs from the mouth or nose it will usually stop in 5-10 minutes. If a steady trickle continues, call the office.
8. There may be some blood in the ear or thick drainage for 2-3 days after surgery. Any continued drainage or temperature elevation may indicate infection in which case the office should be contacted.
9. The patient should be seen in the office for a follow-up visit 4 weeks after the procedure. The ear tubes usually stay in place for 6-12 months. The patient should be seen in the office every 6 months until the tubes come out.
10. The ears should be kept dry for about 4 weeks. Hair may be washed, be careful to avoid water getting in the ears. Swimming is allowed. Mack's ear plugs may be used for additional protection if your child is prone to ear drainage. Our office offers custom fit earplugs or "docplugs". Extra protection should be taken when swimming in rivers, lakes, or oceans.
11. The patient may return to school or work the day following surgery.
12. Ciprodex drops will be given to you. Place 4 drops in each ear twice a day for \_\_\_\_\_ days. Keep the rest to use should future ear infections or drainage occur.
13. Flying is permitted after tubes are in place.
14. Call the office if you see drainage from the ear which is green, yellow, or has a foul odor that does not disappear 7-10 days of using the prescribed drops.

**Office Phone: 804-484-3700**

Virginia Ear, Nose & Throat Associates' office hours are 8:00 a.m. to 4:30 p.m. You should be able to reach us after hours by calling the regular office number. If for some reason you are not able to reach our "after hours" service through this main number you may call them directly at 257-5140.