

# POST-OP INSTRUCTIONS

## TYMPANOSTOMY TUBE PLACEMENT

### DIET

- Regular diet as tolerated.
- If nausea or vomiting occurs, withhold food and liquids for 1 hour, then start again with clear liquids. Progress diet as tolerated. Avoid spicy or greasy foods for at least the first 24 hours.

### GENERAL INSTRUCTIONS

- A cotton ball may be present in the ear. This may be removed at any time.
- Bloody, clear, or discolored drainage from the ear for a few days following surgery is normal. Gently wipe the drainage away with a clean cloth on the outside of the ear canal. Do not use anything else in the ear, such as a cotton swab.
- With tubes in place any foul ear drainage in the future indicates an ear infection. Use ear drops for 1 week, and it should resolve.
- You may bathe, shower, and wash hair normally following surgery. No need to wear ear plugs when swimming in chlorinated water or salt water swimming pools.
- Make sure to wear ear plugs if swimming in dirty water (lakes, ponds, rivers, or oceans). Failure to comply may result in a serious infection.
- Call the office to make 7 - 10 day post-op appointment.

### MEDICATIONS

- Use prescribed ear drops as directed. Warm ear drops in hands or ear to increase comfort.
- May use OTC Tylenol (Acetaminophen) or Ibuprofen for pain control.

### ACTIVITY

- Regular activity may be resumed the day after surgery.
- Flying is permitted after surgery.

### CALL THE DOCTOR IF ANY OF THE FOLLOWING OCCUR

- Fever greater than 101° after 24 hours from surgery.
- Persistent nausea and/or vomiting.

**Please contact our office with any additional questions.**

**Mid-Kansas Ear, Nose, & Throat Associates  
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