



---

## ***Ear Tube Insertion or Removal***

### *Home Care Instructions*

---

#### Activity:

- **Rest and relax** for the remainder of the day.
- Increase your activity (moving about, being active) as you are able to tolerate more.
- Children may be irritable and fussy-**this is normal**.

#### Medications (Medicine):

- Tylenol (acetaminophen) or Motrin (ibuprofen) may be taken for ear pain and/or discomfort.
- Ear Drops
  - If your doctor wrote a prescription (ordered) ear drops, **the first dose was given right after surgery**.
  - When you pick up the ear drops at the pharmacy, tell them you got the first dose already and ask when it will be okay to take the second dose. This will be sometime later today.
  - The **ear drops will be more comfortable if the bottle is warmed** in your hand before putting the drops in your ear. This is especially helpful for children, who can be startled (surprised) by cold drops.

#### Diet:

- You may eat what you (or the child) normally eat.
- There are **no restrictions** (special rules) on what to eat.

#### Ear Care:

- You may notice a small amount of bloody discharge (leaking) from the ear after surgery. **This is normal**.
- It is okay to shower or bathe, just make sure to follow these directions:
  - **Do not get soapy water in the ear(s)**
  - Do not submerge (hold under water) your head in soapy water as long as the tubes are in your ears.
  - If your head is going to be deeper than 2 feet of water, **use ear plugs**.

#### Follow Up:

- Schedule a follow up (return) appointment with the doctor for **20 to 30 days from now**.

#### Call ENTOffice.org at 360.326.3966:

- With questions –or–
- If you experience (have):
  - Continuous nausea or vomiting (that does not stop)
  - A fever higher than 101.5° F
  - Pain that does not go away or get better when you take Tylenol or Ibuprofen
  - Excessive (a lot of) drainage (leaking)
  - A red or warm incision (cut) area