



15900 W. 127<sup>th</sup> St., Suite 210, Lemont, IL 60439  
(630) 243-4505

## **Post-Operative Instructions for Ear Tubes**

**Diet:** A liquid diet should be maintained after surgery until your child is no longer drowsy and does not feel nauseated. When this is the case, you may return to a regular diet with no restrictions on the type of food.

**Pain:** Your child should not have pain after ear tubes. Infants may be more fussy than usual and this may be secondary to the anesthetic or caused by the release of pressure behind the eardrum upon inserting the tubes. A few children may be reacting to the increased hearing ability after tube insertion. This usually resolved within the first 24 hours of the procedure. Your child may have a low-grade fever (<100 °F) for the first few days after surgery and this can be treated with Tylenol or Motrin. This is usually due to decreased fluid intake and activity after surgery. If your child's temperature is above 102 °F, please call Dr. Go.

**Activity:** Your child may return to normal activity after the surgery. However, while the tubes are in, the child should be careful around water. Studies show that the child has to be about two feet under water for there to be enough pressure to push the water through the tube in the ears. Rarely is bathtub bathing or showering of great concern. Swimming pools and natural bodies of water (lakes) do require ear protection like custom-made ear plugs. Store purchased ear plugs are not reliable in keeping water out of the ear canal.

**Ear drainage:** A small amount of clear or pinkish drainage may be seen in the ear canal after insertion of the tubes. The prescribed ear drops will treat this. If there is too much drainage or the drainage persists after the first seven days, please call Dr. Go. Ear drainage after the first week is abnormal, but is not an emergency.

**How long do the tubes remain in place:** The tubes usually remain in the ear drums for 6 to 18 months and fall out on their own. You may not see them when they fall out as they are very small. The ear drum usually heals by itself once the tube falls out.

**Follow-up:** A post-operative check should be scheduled for approximately 2 weeks after surgery. If you have any questions about your child's tubes, please do not hesitate to call Dr. Go at (630) 243-4505.