

Statesboro ENT & Sinus Center, LLC

Lincoln H. Lippincott, M.D.

Dear Parent(s):

The following instructions should answer many of your questions regarding your child's recovery following surgery. While these guidelines may answer most of your questions, do not hesitate to call Dr. Lippincott if you have any questions or concerns about your child's condition.

Following insertion of Tympanostomy (PE) tubes:

- Your child's regular diet can be started as soon as he or she feels like eating or drinking.
- Normal activity is permitted as soon as your child feels able. This will usually be within a few hours.
- There should be little or no pain. Tylenol (acetaminophen) may be given to relieve any discomfort, if present. Please do NOT use aspirin.
- If any pain or discomfort persists, consult with your physician. During the first one or two days, there may be some blood-tinged discharge from the ear(s). One or two drops of blood immediately following surgery is not uncommon. If the drainage persists for more than two (2) days, or if the drainage first develops after a few days, call your doctor immediately. If it is more convenient to do so, go straight to your pediatrician, but please inform our office prior to starting any treatment.
- A low-grade fever may occur and should be treated with Tylenol (acetaminophen). If the fever persists consult your physician.
- Your child will need three (3) or four (4) antibiotic drops (usually Ciprodex) in each operated ear twice daily for three (3) days. This will help prevent infections and to work as an anti-inflammatory agent in the ear canal. Be sure to keep the head on the side for five (5) minutes to allow the drops time to go down the tiny tubes. *(You can do this when they are asleep if necessary!)*
- When bathing or showering, place a Vaseline-coated cotton ball in each operated ear. This will act as a sealer. Remove the cotton ball after showering. Earplugs may be used as well. It is **very important** that water is kept out of the ear! Should water get into the ear, it can pass through the tube and cause a middle ear infection. This will be clinically apparent by foul-smelling discharge from the ear. Please call and bring your child in to be seen if drainage is noticed. If the ear is not draining and the tube is in place, then it is not infected!
- Your child will need to see the physician for regular follow-up care. Arrange to see your physician one week after surgery, and every three (3) months after that until the tubes are removed. Occasionally a hearing test will be done at the time of your visit. Appointments can be made by calling (912) 681-7368.
- Tubes usually fall out anytime from six (6) months to eighteen (18) months. If tubes come out of position or cause chronic infection, removal may be necessary. Depending on circumstances such as age, tubes may be removed in the clinic, or in outpatient surgery.

If you have any questions or problems, feel free to contact us at (912) 681-7368.