

Post-operative care instructions following placement of Tympanostomy Tubes

The following instructions may answer many of your questions regarding your child after placement of tubes. However, do not hesitate to call if you have any other questions or if you are concerned about your child's condition.

- **Ear drops:** You will be given some ear drops to place into your child's ears each day. We would like you to put 4 drops in each ear, twice a day for three days, unless otherwise specified.
- **Physical Activity:** There are no limitations in activity.
- **Diet:** There are no limitations in diet following the surgery.
- **Pain:** Your child should not be in any pain and should be back to himself by the time you are discharged from the recovery room.
- **Water Exposure:** There is no special care required once the tympanostomy tubes are in place. Although water exposure may slightly increase the incidence of ear infections after tube placement, we do not routinely require your child to wear earplugs or other ear protection during water exposure (bathing, showers, shampooing, swimming, diving, etc).
- **Ear Infections:** Some children will continue to get ear infections after the tubes have been placed. However, they are less common and not associated with the pain and discomfort. When an ear infection does occur, the fluid will drain out through the tube. Your child should be seen by your primary care provider or we would be happy to see them in our office. Most ear infections will be treated with ear drops instead of oral antibiotics when the tubes are in place and functioning.
- **Noise Sensitivity:** Some children will complain that everything around them seems too loud after surgery. Your child is now hearing better, and needs time to adjust to normal volume.
- **How long do they last:** Tympanostomy tubes generally remain in place for 6 months to a year. However, there is no guarantee to how long they will remain in place. They will usually fall out on their own. You may or may not see the tube when it comes out.
- **Will my child need another set of tubes:** Every child is unique. Some children will require another set of tubes when the current set is no longer functional, however we will monitor your child to ensure the appropriate care.
- **Follow-up:** We would like to see your child three to six weeks following the surgery to check the tubes. Then we would like to see your child every four to six months to continue to monitor your child's ears. These visits are scheduled with our nurse practitioner. Please call (203) 245-0496 to schedule an appointment.

**If you ever have questions or concerns, we would be happy to talk to you or see your child at any time.
(203) 245-0496**