After Your Surgery

Ear Tubes

Tympanostomy Tubes

CAPITAL ENT & SINUS CENTER

What to Expect

- Ears may be sore for the first few days. Children may pull at their ears.
- Mild ear drainage may occur for the first few days, sometimes longer.
- If surgery was done under general anesthesia, nausea and stomach discomfort may occur for the first couple of days. Start with clear liquids and advance to a regular diet as tolerated.
- Tubes typically stay in place between 6 and 18 months, but may fall out earlier or later.
- A repeat hearing test is usually done at your follow-up visit.

What to Do

- Take Tylenol per the instructions on the bottle if needed for pain.
- Normal activity can resume the evening after surgery.
- If we prescribed ear drops, use them as directed, usually 4 drops in each ear twice a day for 7 days after surgery.
- If an ear drains, treat it with antibiotic ear drops, usually for 7 to 10 days. Use the drops we prescribed, or call us if you do not have any.
- Only use ear drops we prescribed. Do not use over-the-counter ear drops.
- Most patients can return to daycare, school, or work and resume normal activity the day after surgery.

What Not to Do

- If general anesthesia was used: for 24 hours, no driving, alcohol, machinery or signing important papers; we recommend an adult stay with you (or your child) the first night.
- Ear plugs are not required in clean water (bathing, showering, swimming in clean pools). Ear plugs are optional; we recommend them in lakes, rivers and the ocean and for deep diving, and they are fine any time water causes discomfort. Adults with ear tubes should not scuba dive.
- It is fine to wipe the outside of the ear with a cloth, but do not use Q-tips to clean the ears.

When to Call or See the Doctor

- Persistent or foul-smelling ear drainage.
- Significant bleeding from the ears. Mild blood-tinged drainage is normal.
- Temperature of 101° F+ for over 24 hours or starting 3+ days after surgery, or 102° F+ at any time (check before the next Tylenol or ibuprofen dose).

Questions or concerns? Call the office that scheduled your surgery. After hours, call our main number, 512-339-4040, to reach the on-call physician. For a life-threatening emergency, call 911.

Austin 512-339-4040 **Lakeway** 512-682-4798 **Marble Falls** 830-992-2830

Dripping Springs 512-339-4040

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