

## POST-OP INSTRUCTIONS

# Septoplasty/Ear Tube Surgery

### What to Expect After Surgery

- **Medications:** Ear drops will either be given to you or prescribed to you after surgery. Place 3-4 drops into each ear twice daily as instructed by your doctor. You do not need to refrigerate ear drops. If your bottle is cold, warm it up in your hands for a few minutes to bring the ear drops to body temperature, as cold ear drops can cause brief, but unpleasant vertigo. Take over the counter Tylenol® or Ibuprofen for any discomfort or fever. In general, insertion of ear tubes should not cause much pain.
- **Drainage:** Ear drainage sometimes mixed with blood is a common occurrence after insertion of ear tubes. This can occur for the first several days following surgery. Keep a cotton ball in your ear to catch the drainage until it resolves.
- **Diet:** After surgery it is not uncommon to have some nausea and occasionally vomiting. Eat a bland light meal or a liquid diet on the first day after surgery.
- **Follow up:** You should have an appointment to see your doctor after your surgery. Call our office if you do not have an appointment already scheduled.

### What to Avoid After Surgery

- **Water exposure:** In general, it is safe to swim without ear plugs. In some instances, your surgeon may recommend for you to keep your ears dry. When showering, protect your ears using a cotton ball with Vaseline petroleum jelly. If you plan to swim, obtain ear plugs especially made for swimming and diving. Custom ear molds can be purchased at our office, which often keep water out of the ears better than those purchased at the drugstores. This recommendation may be modified by your physician.

### When to Call After Surgery

- Persistent high fever > 100° F despite use of Tylenol®/Motrin®
- Severe diarrhea, nausea, or vomiting
- Any other concerning signs or symptoms