

Postoperative Care After Myringotomy with Tubes and Adenoidectomy

General Instructions

Your child may experience lightheadedness, dizziness, and sleepiness due to anesthesia. For the next 24 hours, a responsible person should be with your child.

Diet

- Encourage your child to drink at least 6 glasses of liquids every day (water, juice, jello, popsicles, etc.). Prevention of dehydration is important and improves pain control and healing.
- Advance to a regular diet as tolerated, starting with soft foods. Some children may have a poor appetite for up to a week following surgery.
- Avoid scratchy foods (toast, crackers, chips, popcorn, or pizza crust) for few days.

Medications

- Use the prescribed ear drops, four drops in each ear twice a day for five days, then as needed for ear drainage. If your child has bloody drainage from the ear(s) after surgery, use four drops in that ear three times a day until drainage stops.
- Complete the entire course of prescribed antibiotics.
- Use the pain medication as needed. A non-aspirin pain medication, such as children's acetaminophen, Tylenol, or ibuprofen, in the recommended dosage is advised. **Do not give your child aspirin.** If the pain medication causes stomach irritation, give it with a small amount of food.
- Throat pain may be improved with sore throat lozenges, ice chips, or cool compresses to the neck.

Activity

- Resume normal activity and play as tolerated.
- Your child may miss up to 1 week of school. If they are feeling well enough, they may return to school in 2 days. Your child is excused from PE, sports, band, and music class for up to 2 weeks.
- While the tubes are in place, you child is advised to wear earplugs while swimming, diving, or dunking their head underwater in the bathtub. No precautions are necessary for normal bathing and hair washing. If your child develops ear drainage after water activities, begin a 5-day course of eardrops and use earplugs regularly with water exposure.
- Avoid contact with people who have colds or upper respiratory infections if possible.

Wound Care

- It is not uncommon to have a small amount of blood-tinged drainage from the ears after surgery.
- Ear infections in the presence of tubes occur in 20-30% of children. If your child develops an ear infection while the tubes are in place (i.e. ear drainage), use eardrops for 5 days. If there is no improvement, contact the office or your pediatrician.
- Bad breath is common after adenoidectomy. Mouth rinses with warm salt water and sucking on peppermints may be helpful.

(continued care instructions on back)

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Wound Care *(continued)*

- Children often run a low-grade fever after surgery. Give Tylenol or ibuprofen as needed.
- Ear pain is a common complaint 3-4 days after surgery and represents referred pain from the throat. Place a warm water bottle next to the ear and give pain medication as needed.

Follow-Up Appointment

Call the office at **541-334-3370** to schedule both appointments.

- Hearing Test: 3-4 weeks after surgery, before your doctor's appointment.
- Physician: 3-4 weeks after surgery.

Call 541-334-3370 if any of the following occur:

- Bright red bleeding from the nose, mouth, or throat.
- Ear drainage is thick, yellow, or foul-smelling despite use of eardrops.
- Dehydration (not drinking fluids, dark urine, infrequent urination).
- Persistent nausea or vomiting.
- Temperature of 102°F or higher.