

# Aimee J.V. Mabini, MD, FRCSC

## Otolaryngology - Head & Neck Surgery

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### POST-OPERATIVE INSTRUCTIONS FOR EAR TUBES

**EXPECTED DATE**

**OF DISCHARGE:** Same day.

**WHAT TO EXPECT:** You/your child may have a sore throat or a hoarse voice after surgery - this is normal and will improve over time. You/your child should drink plenty of fluids, and it may be helpful to take throat lozenges to relieve these symptoms.

**AFTER SURGERY:** You may notice some drainage from the ears for up to 10 days following the surgery. The drainage may be blood-tinged. This is normal. Use the Ciprodex drops as prescribed for the full length of time that Dr. Mabini requested. If the drainage persists for longer than 10 days, please contact our office.

**NUTRITION:** You/your child may resume a normal diet after your surgery.

**ACTIVITY:** You/your child may resume their normal activities after surgery, including going to school or work.

**MEDICATION:** If you/your child has ear pain after the surgery, take Tylenol or Advil. Follow the instructions on the package.

**HYGIENE:** You/your child may take a shower or bath as soon as you like after surgery. You may notice sensitivity when getting water in the ears. For the first two weeks after surgery, avoid getting water in the ears (this may require ear plugs). After two weeks, there are no restrictions with water. You/your child can bathe or swim as desired - ear plugs are no longer needed but can be used for comfort if the ears are sensitive to water.

**FOLLOW UP:** You will have an appointment to see Dr. Mabini usually 3-6 months after surgery, with a repeat hearing test. We will contact you with this appointment.

**CONTACT YOUR DOCTOR OR GO TO THE EMERGENCY DEPARTMENT IF YOU HAVE ANY OF THE FOLLOWING:**

- Fever over 38.3°C or 101°F
- Difficulty breathing
- Increasing pain not relieved by your pain medication