

Post Operative Care Instructions for Tympanotomy and Tube Insertion

1. Apply provided ear drops - 3 drops to each ear, 3 times per day for 3 days.
2. Avoid getting water into the ears. Ear plugs are not necessary for routine bathing and swimming, provided the water is treated (City water or chlorinated water).
3. Do not hold your nose and blow air through the Eustachian tube into the ear. A full sensation with popping sound may be noticed during the healing process.
4. Some blood stained discharge from the ear is expected during the first 24 to 26 hours following surgery. Change the cotton dressing as needed (if there is a dressing).
5. Fever is usually due to a lack of enough liquids. Encourage drinking. Fevers could be due to infection, so call the office if the temperature persists.
6. Tylenol will help control any pain. If it does not help enough, please contact the Doctor. **ABSOLUTELY NO ASPIRIN PRODUCTS.**
7. You should start oral intake slowly with clear liquids. This is to ensure that you are not nauseated. Once tolerating clear liquids, slowly advance to a regular diet.

