

## INSTRUCTRIONS TO PATIENTS FOLLOWING PLACEMENT OF VENTILATION TUBES

If your child has just had myringotomies and tubes, the following information can be helpful.

1. **Diet** – After your child has recovered from general anesthesia for approximately an hour, you can try some clear liquids. If well tolerated, you can proceed to a regular diet.
2. **Activity** – Your child may or may not react like “him/herself” for the next few hours. By the next day, things should be back to normal. Your child will then be able to resume normal activity.
3. **Pain** – There should be little pain from myringotomy and tube placement. Occasionally some discomfort for one to two days is encountered. This should be treated with Tylenol.
4. **Drainage** – There should not be any copious flow of pus from a well-ventilated ear with the tube in place. Occasionally, for a few days after the operation, there will be **some bloody liquid drainage from the ear**.
5. **Water Precautions** – Should water get inside the ear, it might precipitate an ear infection. Therefore, to keep water out of the ear, it is advisable to use either cotton with Vaseline, ear molds or ear plugs when your child is exposed to water such as when shampooing or swimming. If you know water has gotten into your child’s ear, apply 3 or 4 drops of an antibiotic ear solution.