

# MYRINGOTOMY WITH TUBES & ADENOIDECTOMY



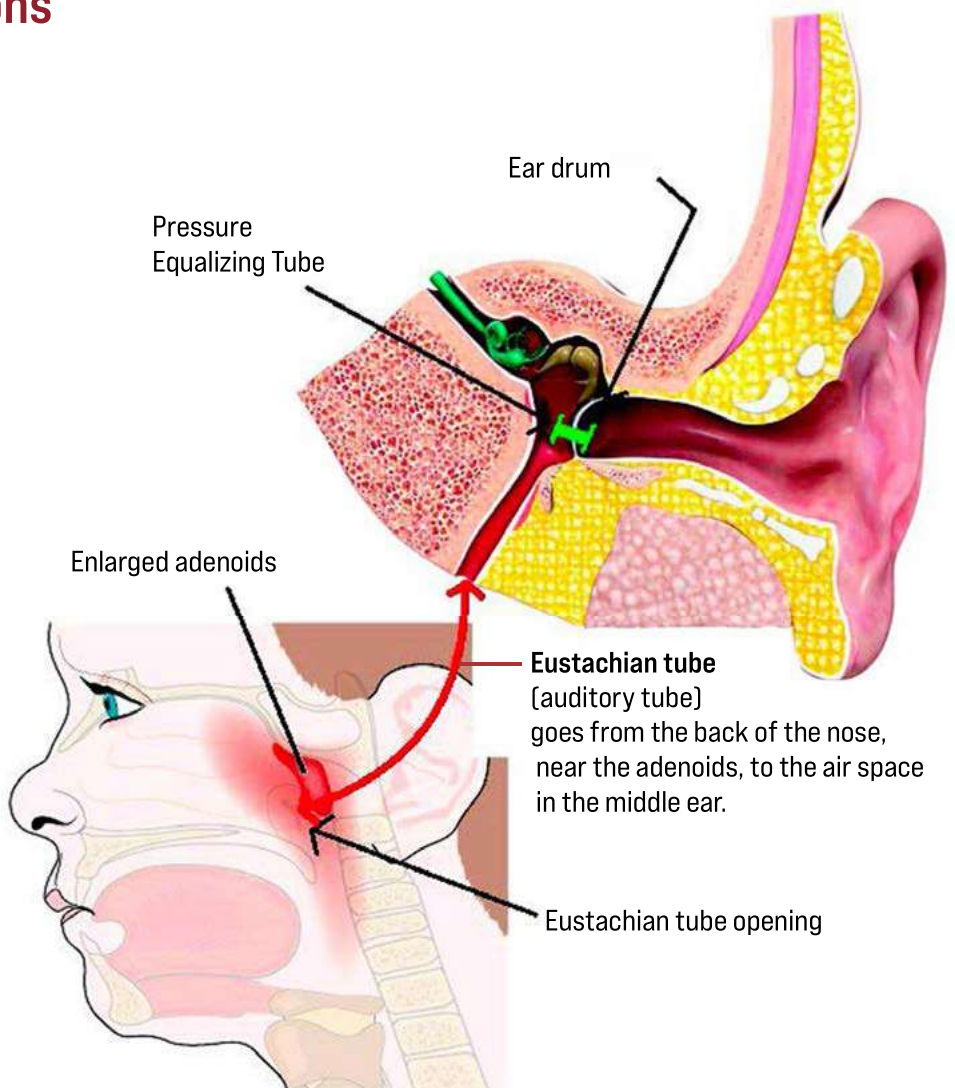
## Post-Operative Instructions

The post-operative experience will vary for each patient. The information below includes general guidelines to help you with a smoother recovery.

Your follow up appointment in the office will be about four weeks following your procedure. If you do not have the appointment made, please contact our office at 208-229-2368 to schedule when you arrive home from the surgery center.

### What to Expect

- Immediately after surgery, you may see drainage from the ear canal. There may also be drainage from your child's ear for several days after surgery. The drainage may be clear, yellow or blood-tinged. Use the prescribed ear drops as directed.
- Infrequently, ear infections may occur after tubes are in place, which will manifest as drainage or pus from the ears. To help prevent this, it is very important not to get dirty water into the ears.
- A small amount of bleeding may occur as the adenoid beds heal. If bleeding continues or occurs in large amounts, IMMEDIATELY call the doctor's office or go directly to the Emergency Department.
- An elevation in temperature is to be expected for the first 3-5 days after surgery. Bad breath is common several days after surgery until healing is completed. Snoring is common for 5-7 days until the swelling goes away.
- Head and neck congestion may occur for 5-7 days after surgery.



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### Activity and Care

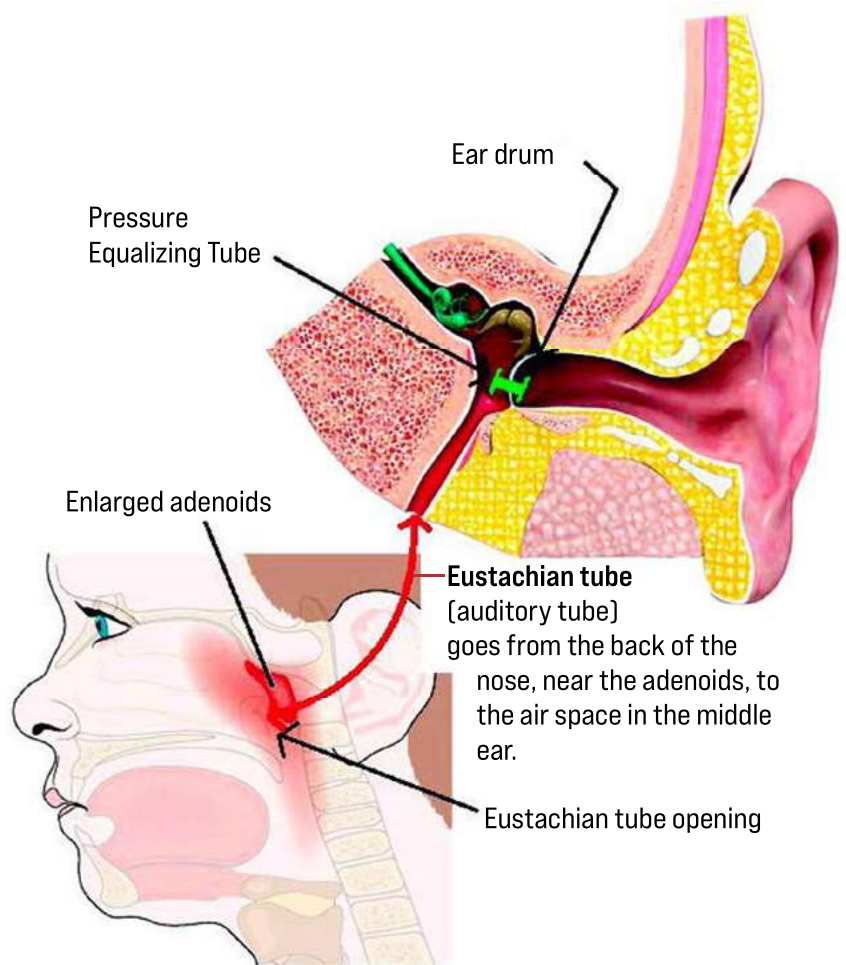
- Limit vigorous activity the day of surgery.
- Encourage rest and quiet activity for 24-48 hours. Normal activities may be resumed after this period.
- You should never permit your child to swim until the infection is resolved. Ear plugs should be used at all times when swimming in a river, lake, ocean, or any type of "dirty" water (water with bacteria). Ear plugs do not have to be worn in clean bath water or chlorinated swimming pools.

### Diet

- Your child may become nauseated and vomit on the way home due to motion sickness. DO NOT feed solid food until you reach your destination.
- Begin with a clear diet and progress as tolerated.
- Push fluids after surgery. As fluids are tolerated without nausea and/or vomiting, advance to a regular diet. If nausea and vomiting occur after starting and advancing diet, return to clear liquids until solids are tolerated.
- Foods that are extremely hot should be avoided.

### Medication

- Children's Tylenol, Motrin or Advil should be given for pain.
- If drainage occurs after your post-op appointment, begin drops and call our office. You should not permit your child to swim until after the infection has been resolved.



### When to Call Your Doctor

- Report any evidence of bright red bleeding; if bleeding continues, call the ENT office or go to the nearest emergency room for evaluation.
- Temperature above 101.4 ° F for greater than 24 hours.
- Excessive nausea, vomiting or any concerns regarding dehydration.
- If voice has not returned to normal, or if snoring persists one month after surgery.