

# PE Tube Insertion

## Post-Operative Instructions

### Preparing for Surgery:

- Do not eat or drink anything after midnight or 8 hours before scheduled procedure (including water, gum, hard candy, and lozenges). Limit alcohol intake and refrain from using tobacco products 24 hours prior to surgery.
- Bathe or shower the morning of surgery to minimize the chance of infection. Teeth may be brushed, but do not swallow any water.
- Notify your surgeon if you develop a sore throat or fever.
- Prepare your bedside at home with items you will want to have within reach (telephone, medications, water, etc.).
- Wear comfortable clothing and remove all jewelry.
- Arrange for transportation to and from the hospital, as you will be unable to drive.
- No Aspirin or Aspirin-like products (e.g. Ibuprofen) two weeks prior to surgery.

### What to bring to the hospital:

- Insurance cards and forms
- List of medications you take regularly

- Since your child has had a short general anesthetic procedure, proceed slowly with his/her diet. Start with clear liquids and progress as they tolerate.
- If nausea or vomiting occur, this should not last longer than 12-20 hours after surgery. If nausea persists, please contact our office.
- If needed, pain medication such as acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) may be given.
- Your child may be somewhat tired or irritable for a few hours after surgery. This is not unusual. Allow your child to resume normal activity as tolerated.
- Pulling on the ears is common after PE tube insertion. This should not cause any worry unless there is drainage coming out from the ear.
- There may be drainage (clear to slightly bloody) for the first 2 to 3 days postoperatively. Clean any drainage from the outside of the ear with hydrogen peroxide on a Q-Tip. Do not worry about cleaning the inside of ear canal. If the drainage is different than described above, or persists beyond 48 hours, please notify our office.
- Dr. Beasley or his PAs may prescribe eardrops following surgery. Please follow the instructions on the prescription.
- After PE tubes are inserted, prevent dirty water from entering the ear canals. Dirty water can carry bacteria into the middle ear through the tube and cause an ear infection. Dirty water includes lake, river, ocean and non-chlorinated water and excessively soapy or dirty bathtub water. Dirty water should be avoided or children should wear silicone ear plugs.
- There is generally no need for ear protection when bathing, showering, or swimming in clean or chlorinated water. When bathing, hair should be rinsed with fresh water from the tap. If the head is completely submerged, ear plugs should be worn.
- PE tubes will decrease the likelihood of ear infections; however, some children with tubes will develop an ear infection despite functional tubes. Children with tubes will usually have foul-smelling drainage from the ear with an infection. The drainage may be clear, yellow, green, brown or bloody. If your child develops ear drainage, ear drops are typically used to treat the infection and may be obtained from your pediatrician or from this office.



**Saint Alphonus  
Medical Group**

EAR, NOSE & THROAT

If you have any questions or concerns, call your physicians office:  
Boise or Nampa (208) 302-1000 | Ontario (541) 881-2350