

SUMMIT ENT ASSOCIATES

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Postoperative PE Tube Care

Diet:

Children or adults who have received general anesthesia may experience some nausea and occasionally, vomiting. It is therefore preferable to eat a bland light meal or a liquid diet on the first day after the surgery.

Post-Procedure Care:

1. Keep the ears dry. Do not allow water to enter the ear after surgery. Plug the ears with a cotton ball saturated with Vaseline petroleum jelly when showering or washing the hair.
2. It is better not to swim or dive. Although ear plugs and swim molds are available, they are not fool-proof. Almost all drugstores carry some type of ear plug. Custom swim molds may be purchased in our office. Custom ear plugs are usually not covered by your insurance company.
3. If your head is accidentally submerged in water or water enters the ear during a shower, use the antibiotic eardrops that were prescribed.

Medications:

Floxin Otic Drops are usually prescribed for 7 days after the surgery. Please use them as directed. Do not refrigerate the eardrops. Hold the bottle in your hand for a few minutes to bring the eardrops to body temperature. Cold eardrops can cause brief vertigo (dizziness).

Please note the following:

If you have any used ear drops from your pediatrician throw them away! If used and depending on the kind of drops, they can burn the middle ear tissue while the tubes are in place. Patients may experience a certain amount of pulsation, popping, clicking, and other sounds in the ear. Feeling of fullness or intermittent sharp pain is not unusual in the early postoperative period. Tylenol should be able to control any discomfort.

Even with tubes you may still develop an ear infection. However, as long as the PE tube is functioning, the infections should be less severe and less frequent. If you suspect an ear infection, please call the clinic for an appointment. You may need a course of oral antibiotics and eardrops.

As the eardrum grows the tubes are gradually pushed out. The residual hole in the eardrum usually closes within a few days after the tube falls out. Infrequently, the ENT doctor might need to remove the tubes.

Follow-up:

Our clinic will call the day after discharge to schedule a postoperative follow-up appointment. If you have any pressing questions or concerns, please call the number listed above to speak with Bill Minton the ENT Nurse.