

TYMPANOSTOMY (MYRINGOTOMY), TUBE PLACEMENT & ADENOIDECTOMY HOME INSTRUCTIONS FOR CHILDREN

ACTIVITY

- Your child requires constant supervision for the next 24 hours.
- The first few days should be spent resting and playing quietly. Your child may be drowsy and uncoordinated from the anesthesia, so be sure to protect them from injury.
- Your child should refrain from rough play activity for 1 WEEK.
- Avoid getting water in your child's ears until after your follow-up appointment. Use a cotton ball coated with Vaseline when exposed to water or bathing.
- If water does enter your child's ear, use the prescribed drops immediately after.
- Bad breath and nasal congestion is common for 2 weeks after surgery.

DIET

- Drink plenty of fluids to prevent dehydration. Avoid hot or spicy food/drink for 1 week.

PAIN

- Taking prescribed pain medication around the clock for the first 2 days is recommended. Set an alarm clock throughout the night so that pain does not get out of control by morning. Give medications with food to prevent nausea.
- You may give your child an OTC stool softener or give them plenty of fluids, adding some fruit juices to prevent constipation.
- Intermittent nausea & vomiting for the first 2-3 days after surgery or while taking prescription pain medication is COMMON.
- If your child was prescribed a narcotic pain medication, use as directed, and DO NOT combine with additional Tylenol.
- Your child may have Ibuprofen (Motrin, Advil) every 6 hours for pain.
- Your child may have Tylenol every 4 hours for pain (if not taking a prescription pain medication).
- Children should never be given Aspirin due to the risk of Reyes Syndrome.
- Using a cool-mist humidifier can be helpful.
 - Your child's next dose of TYLENOL can be given at _____ today.
 - Your child's next dose of IBUPROFEN can be given at _____ today.
 - Your child's next dose of _____ can be given at _____ today.

DROPS

- Ciprofloxacin _____ drops _____ times a day, for _____ days
- Ciprodex _____ drops _____ times a day, for _____ days
- Ofloxacin _____ drops _____ times a day, for _____ days

BLEEDING

- Blood tinged, watery drainage is expected from the ears and nose.
- Profuse bright red bleeding from the ear, nose or mouth is NOT NORMAL. Take your child to the nearest emergency room or call 911.

When to CALL YOUR DOCTOR (CALL 208-367-3320 TO REACH YOUR PHYSICIAN)

- A fever of 101 degrees for more than 24 hours.
- Signs of dehydration such as dry lips and infrequent urination.
- Thick yellow drainage from the ears, use prescribed drops and call your physician.
- Persistent nausea and vomiting lasting more than 24 hours.

When to take your child to the EMERGENCY ROOM

- If your child has difficulty breathing.
- Uncontrollable bright red bleeding from the ears.
- Coughing or vomiting up large amounts of blood.
- If you are unable to reach your physician and need help.