



## Ventilation Tubes: Home Care

### What to expect

1. A patient should have little or no pain from this procedure. If there is pain, it usually goes away within 30 minutes. With children pain can be controlled by liquid Tylenol (acetaminophen) every 4 to 6 hours as needed.

Age	Dosage	Age	Dosage
4-11 months	½ teaspoon	2-3 years	1 teaspoon
12-23 months	¾ teaspoon	4-5 years	1 ½ teaspoon

If your child is vomiting, substitute a suppository.

2. If nausea or vomiting occurs, it should get better within a few hours. Call office if not better.
3. Limit activity for a few hours after the procedure. Most children return to normal behavior within a very short period of time. Children may return to day-care or school the next day and may resume all activities. Vigorous play will not loosen the ear tubes. Travel, including airlift, is permitted.
4. If there is a cotton ball in the ear, this may be removed in the recovery room. Slight bleeding from the ears may occur on the day of surgery. If needed, place another cotton ball.
5. Start feeding clear liquids. If they are well tolerated, then offer a light meal.
6. Only under certain circumstances will your doctor prescribe ear drops. They are to be placed in the ear canal with your child lying down with one ear to the ceiling. Apply the prescribed number of drops. It may help to pull back the external ear to straighten the ear canal or pump the small piece of cartilage called the tragus. If your child is cooperative, have him or her lie on their side for 5-10 minutes. A small piece of cotton, applied in the bowl of the ear, will help to absorb the solution when it runs out the canal. The cotton does not have to stay in place for long.
7. The most current recommendation is that ear plugs should not be needed during routine bathing and swimming. It is only when a child becomes old enough to dive or submerge her head more than 12 inches under water that an ear plug is needed. Customized ear plugs can be purchased at your doctor's office. To avoid earplugs falling out, we recommend using a swimming cap or a neoprene head band (available in your doctor's office or pharmacy.)
8. Call your doctor's office if there is any discharge from the ear after the first day (it might be a sign of infection), pain lasting more than one day, fever or persistent vomiting.
9. If your child had an adenoidectomy (some tissue removed from the back of the nose), you can expect 1.) a light amount of blood in your child's nose or throat and 2.) some mild discomfort – Tylenol (acetaminophen) should help. Avoid Motrin, Advil and ibuprofen or aspirin containing products as these will increase risk of bleeding. An adenoidectomy rarely affects a child's ability to eat or attend school or day care. Expect some bad breath for 1-2 weeks. Oral antibiotics will often reduce this smell.