



POST-OPERATIVE INSTRUCTIONS FOR EAR TUBE/PRESSURE EQUALIZATION TUBE (PET) PLACEMENT.

What should be expected following PET (pressure equalization tube) placement?

Diet

It is not unusual for patients who have received general anesthesia to have some nausea and occasionally vomiting, especially on the first night after surgery. Beyond this, please contact our office to see if any medication is indicated.

It is preferable to have clear liquids for the first meal, then thick liquids or a soft diet. A regular diet may be resumed the next day. Also, pain pills cause some nausea if taken on an empty stomach. It is preferable to take those pills with a piece of toast or some food.

Keep ears dry

1. Keep the ears dry. Do not allow water to enter the ear after surgery. Plug the ears with a cotton ball and vaseline petroleum jelly when showering or washing the hair, or use ear plugs as well as a headband (EAR BANDIT) as recommended. Specialized, custom fit molds may be made at your first postoperative visit with your surgeon.
2. It is better not to swim or dive for about 2 weeks. Ear plugs and swim molds are not fool-proof. These are available in all drugstores.
3. If accidentally, the head is submerged in water or water enters the ear during a shower, blow dry the ear and then use the antibiotic eardrops that were prescribed immediately after the surgery for at least one day.

Medications

Antibiotic eardrops are usually prescribed for use after the surgery. (Floxin otic drops 5 drops in each ear daily for 3 days in kids; or Ciprodex 4 drops twice per day for 3 days in children).

Do not refrigerate eardrops. Hold bottle in your hand for a few minutes to bring the eardrops to body temperature. Cold eardrops cause a brief but unpleasant vertigo.

Following the insertion of PE tubes, there isn't much pain. Tylenol should suffice to control any discomfort.

Please note the following:

If you have ear drops from your pediatrician used for pain such as Auralgan, Tympagesic, or Americaine, please throw them away. These drops will burn the middle ear tissue while the tubes are in place.

Kids may experience a certain amount of pulsation, popping, clicking, and other sounds in the ear. A feeling of fullness or occasional sharp pain is not unusual in the early postoperative period. Tylenol should be sufficient for any discomfort.

Follow-up

Patients may **return to school or daycare** usually 1-2 days after surgery.

Please schedule a postoperative appointment to be seen in the office in one-two weeks. **PHONE: 310-657-6420**

Note, it is difficult to refill pain prescriptions after hours, so please call during office hours and ask to speak with our nurse or medical assistant. A postoperative audiogram is usually performed at that visit, unless hearing was normal preoperatively.

If your child has significant bleeding from the nose or mouth, develops high fevers or develops the worst headache of their life that is not relieved by the pain-killers, please call our office for the doctor on call or visit the nearest Emergency room.

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