

# TYMPANOSTOMY (MYRINGOTOMY) & TUBE PLACEMENT

## Home Instructions for Children

### ACTIVITY

- 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 requires constant supervision for the next 24 hours.**
- Your child should refrain from rough play activity for **ONE 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.

### DIET

- Encourage your child to drink plenty of fluids to prevent dehydration. No dietary restrictions.
- **Intermittent** nausea & vomiting for the first 24 hours after surgery is common.

### PAIN

- May use Ibuprofen (Motrin and Advil) every **six hours** for pain.
- May use Tylenol every **four hours** for pain.
- Children should never be given Aspirin due to the risk of Reyes syndrome.

**YOUR CHILD'S NEXT DOSE OF TYLENOL CAN BE GIVEN AT \_\_\_\_\_ TODAY.**

**YOUR CHILD'S NEXT DOSE OF IBUPROFEN 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. You may replace the cotton ball as needed to help catch the drainage.
- Profuse bright red bleeding from the ears 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 GO TO THE EMERGENCY ROOM

- If your child has difficulty breathing.
- Uncontrollable bright red bleeding from the ears.
- If you are unable to reach your physician and need help.