

# 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 does of TYLENOL can be given at \_\_\_\_\_ today.
  - Your child's next does of IBUPROFEN can be given at \_\_\_\_\_ today.
  - Your child's next does 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.