

Myringotomy

with Tubes/Adenoidectomy

One Day Surgery • Post Operative Instructions



Children's
of Alabama

1600 7th Ave S • Birmingham, AL 35233 • 205.638.9100

What to Expect

- Immediately after surgery, you may see drainage from the ear canal. There may also be drainage from your child's ear for several days after surgery. The drainage may be clear, yellow or blood-tinged. Use the prescribed ear drops as directed by the physician.
- Ear Infections may occur after tubes are in place. (You may notice drainage or pus from the ears). To help prevent this, it is very important not to get dirty water into the ears.
- A small amount of bleeding may occur as the adenoid beds heal. If bleeding continues or occurs in large amounts, IMMEDIATELY call the doctor's office or go directly to the Children's Hospital Emergency Department.
- An elevation in temperature is to be expected for the first 3-5 days.
- Bad breath is common several days after surgery until healing is completed.
- Snoring is common for 5-7 days until the swelling goes away.
- Head and neck congestion may occur for 5-7 days after surgery.

Activity and Care

- Limit vigorous activity the day of surgery.
- Encourage rest and quiet activity for 24-48 hours. Normal activities may be resumed after this period.
- You should never permit your child to swim until the infection is resolved. Ear plugs should be used at all times when swimming in a river, lake, ocean, or any type of "dirty" water (water with bacteria). Ear plugs do not have to be worn in clean bath water or chlorinated swimming pools.

Diet

- Your child may become nauseated and vomit on the way home due to motion sickness. DO NOT feed solid food until you reach your destination.
- Begin with a clear diet and progress as tolerated.
- Push fluids after surgery. As fluids are tolerated without nausea and/or vomiting, advance to a regular diet. If nausea and vomiting occur after starting and advancing diet, return to clear liquids until solids are tolerated.
- Foods that are extremely hot should be avoided.

Medication

- Children's Tylenol, Motrin or Advil should be given for pain.
- If drainage occurs after your post op appointment, begin drops and CALL YOUR PEDIATRICIAN. If the pediatrician cannot clear the infection, if there is a problem with the tubes or if the infections become more frequent, your pediatrician will refer you back to ENT. You should not permit your child to swim until after the infection has been resolved.

Follow-Up

- Post-op visit instructions will be given at discharge. The ENT physician will see your child on an "as needed" basis and/or at a one year visit after surgery.

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When to Call Your Doctor

- Report any evidence of bright red bleeding; if bleeding continues, call the ENT office or go to the nearest emergency room for evaluation.
- Temperature above 102 degrees for 24 hours.
- Excessive nausea, vomiting or any concerns regarding dehydration.
- If voice has not returned to normal, or if snoring persists 3 months after surgery.

Physicians:

Brian J. Wiatrak, MD, FAAP, FACS
Audie L. Woolley, MD, FACS

J. Scott Hill, MD, FAAP, FACS
W. Peyton Shirley, MD, FACS

Nicholas Smith, MD
Brian D. Kulbersh, MD

Telephone: (205) 638-4949 or for after routine office hours, call (205) 638-9100 and page the doctor on call for ENT.

For emergencies, call 911.

Tylenol was given at _____. You may repeat this dose at _____.

Parent/Guardian _____ Date _____

Nurse _____ Date _____

One Day Surgery Center - Russell Campus | One Day Surgery Center - Children's South