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Post-Operative Instructions for Ear Tubes/Adenoidectomy

Placement of ventilating ear tubes/adenoidectomy usually only requires the day of surgery for recovery. Children can plan on returning to school the next day and adults may return to work.

What to Expect:

1. The patient may note that sounds are much louder and may seem overly sensitive to sounds for a few days following the procedure.
2. Ear drainage – this may be thin fluid, pus like drainage, or even a little bloody. All of this is normal. Remember when using the ear drops post-operatively to clean the drainage with a dry Q- tip prior to using the antibiotic ear drops.
3. Slight discomfort when swallowing for a few days due to the tube used for airway maintenance during surgery.
4. Runny nose/nasal discharge is common during the first 2 weeks after surgery. Removing adenoids and placing ventilating ear tubes allows the sinuses to drain from the nose.

Post Operative Care

Diet:

Start with a clear liquid diet (Water; Juices-apple and grape, Sports Drinks – 10-K, Gatorade, Powerade; 7-UP or Sprite; Popsicles, or Jell-O) to prevent nausea and/or vomiting. Advance to a regular diet for age as tolerated.

Activity:

Do Not Get Water In Ears – including bath water. This can lead to an infection. Various over the counter ear plugs may be used, cotton balls with Vaseline placed on the outside, or custom made ear plugs can be fitted in our office.

Bloody drainage is always alarming for any patient and their family. This is not unusual in the post operative period, and can even happen later with the tubes in place. This usually is associated with an infection and can be easily treated with cleaning of the ear and an antibiotic ear drop.

Any questions or concerns, please do not hesitate to call. Thank you for your confidence in letting us care for you and your family.