

## **POSTOPERATIVE INSTRUCTIONS FOR EAR TUBE REMOVAL AND PATCHING**

**It is normal for the ears to have a small amount of bloody drainage for a few days post operatively.** A small piece of cotton may be needed for absorption. You will typically be asked to use prescription antibiotic eardrops in each ear until your post op visit. Roll the dropper bottle around in the palm of your hand to warm the drops prior to inserting them in the patient's ear. To place the drops, tilt the patient's head to the side and place the prescribed number of drops in the ear canal. Try to keep the head tilted for a few minutes, then place a cotton ball at the opening of the ear canal to catch any extra fluid and repeat on the other side. Some patients may complain that these drops sting, if this occurs, simply discontinue the drops and call for instructions during normal business hours.

**Water should not be allowed to enter the ear** - this may result in pain, infection and possibly failure of the patch/graft. Swimming is not permitted until cleared by your doctor. Additionally, care must be taken when bathing or washing the hair. Cotton mixed lightly with Vaseline can be carefully placed in the ear canal prior to bathing and removed afterwards. If water does get in, however, do not panic. Use a hair dryer or washcloth to gently dry the ear.

**Do not blow your nose** for two weeks following surgery, or until cleared by your doctor after surgery. The increase in air pressure may blow the graft/patch out of position and result in a failure to heal the hole in the eardrum. **If you have the urge to sneeze, sneeze with your mouth open. Do not hold it in**, as this can cause the same results.

**Avoid travel by air** until after your post op appointment which is typically 2 weeks after the surgery with the Physician Assistant.