



### **INSTRUCTIONS AFTER ADENOID AND EAR TUBE SURGERY**

1. When your child wakes up he or she may not feel well. They may be upset initially from anesthesia. This should clear within 24-hours.
2. Your child's voice will often sound different for several weeks and there may be very bad breath noted for a few days after the adenoids are removed.
3. The eardrum should not hurt. Loud noises may cause your child some discomfort but this is generally because they are hearing better after their surgery. They will frequently pull at their ears because of this.
4. If your child is uncomfortable, feel free to give them Tylenol according to their age/weight and the bottle directions.
5. Do not use Aspirin related products.
6. Ear pain can occur with adenoidectomy. This may last three to five days but is generally not due to an ear infection.
7. Serious bleeding is exceedingly rare after an adenoidectomy. A small amount of bloody drainage from nose or throat is normal but if there is a large amount of bright red bleeding from the nose or throat call immediately.
8. Severe nasal congestion can occur for a few days after surgery. You can use over the counter Afrin 1 squirt in each nostril am and pm for 3 days for severe nasal congestion.
9. Keep the ear canals dry. Do not let your child put their head under water at bath time. You may use a cotton ball saturated with Vaseline as an earplug or we can make custom plugs in the office. Do not use Silly Putty. It will come loose in the ear canal and can be very hard to remove.
10. Your child may resume a regular diet as soon as he or she likes.
11. Please call if yellow/greenish drainage should develop from the ears.
12. The tubes are generally designed to remain in the eardrum for six to twelve months. They usually fall out spontaneously and the eardrums heal completely without any problems. There are some variances from this where the tubes fall out early or stay in too long but this is what we watch for at your routine visits.