

Bilateral Myringotomy with Tubes & Adenoidectomy Post Operative Instructions

- Please discuss appropriate **water precautions** for the ears, with your physician directly, post-operatively.
- Mouth odor or bad breath is common and drinking sufficient fluids will help this. You may sound nasally when you speak or snore post-operatively due to swelling. This will improve as healing occurs.

What to expect: It's normal to have a small amount of drainage come from the ears and last up to 24 hours. This could be clear, cloudy or bloody. An old dried blood clot may come out of the ear canal several days after the surgery. You may have a runny nose or spit out a small amount of blood-tinged saliva.

Occasionally there may be nausea or vomiting from the anesthesia or swallowed blood. Dark reddish brown fluid that is vomited is normal, but **if there is any bright red blood from the mouth or nose, call your physician immediately.**

Activity: Rest the first day. You may return to work/school usually within 2-3 days. Your physician may advise no gym or heavy exercise for one week.

Diet: Drink plenty of fluids (2-3 liters per day). Eat lightly for the first meal then increase as tolerated. If nausea or vomiting occurs, have clear liquid only until nausea subsides.

Pain/Medication: Tylenol or acetaminophen (liquid for children), may be taken for relief of discomfort. You may experience mild sore throat, headache, ear discomfort, dizziness or nausea for the first day or two. Do not use aspirin, Motrin, Advil or Ibuprofen unless your doctor allows it.

If antibiotic ear drops have been prescribed, use them as directed.

Ear Drainage: Drainage from the ears may occur during the days following tube insertion. This represents clearance of residual middle ear fluid and can be any color. It is also normal if you do not see any ear drainage postoperatively. It should resolve by the time you have finished the prescribed ear drops. Please notify the office if ear drainage persists or starts again once you have finished the prescribed course of ear drops.

Follow Up: Follow up with doctor 2-3 weeks postoperatively with a hearing test.

Our office can be reached at **401-885-8484** for any postoperative concerns or questions.