This instruction sheet is designed to help you care for your ear(s) following surgery, and to answer many of the commonly asked questions. Please read the entire sheet carefully. Feel free to call us with questions or concerns you may have. If the nurse cannot address your concerns, a doctor will return your call or you may be asked to come to the office.

**Leaving the Hospital**

- You will receive a prescription for antibiotic ear drops. If instructed to do so, please use them for 5-7 days. Otherwise, keep the script with you for future use. Oral antibiotics are rarely used after tube placement.
- It is recommended that a weight appropriate dose of Tylenol or Ibuprofen be given every 4-6 hours for the first 24 hours.

**Home Care-The first Few Days**

- You may return to school or work the day after surgery.
- It is normal for the ear(s) to drain for a few days. The drainage can be blood-tinged, slightly yellow, or clear. A cotton ball can be placed in the ear(s) to absorb the drainage.
- If the drainage becomes thick yellow, green, or has a foul smelling odor, begin using antibiotic ear drops and call Dr. Jacob’s office.
- If there is no drainage, leave the ear(s) open to the air.
- **Do not clean the ear canals with cotton swabs.**
- The auricle (outer ear) can be gently wiped with a soft cloth or cotton swabs to remove drainage, but if the ear is tender this is not necessary.
- You may wash hair 2 days after the surgery. Keep all water out of the ear canal by using a cotton ball coated heavily with antibiotic ointment or Vaseline placed in the outermost part of the ear canal.
- You may hear a variety of noises in your ear(s) such as cracking or popping. This is normal.
- Hearing usually improves immediately after surgery, but may not be at its best for several weeks.
- It is not uncommon to feel slightly dizzy or lightheaded for up to 1 week after surgery.
- You may fly 3 days following surgery.

**Home Care- After The First Few Days**

- Drainage should begin to decrease and pain should also subside.
- When bathing, keep as much water out of the ear(s) as possible. Use a cotton ball coated with ointment or custom made ear plugs.
- You may swim (in chlorinated water only) beginning 10 days after surgery. Diving and deep water swimming should be avoided.
- Ear plugs are recommended if recurrent infections occur following bathing or swimming.
- **If drainage appears at any time in the future:**
  - Begin using the antibiotic drops as directed for 4-7 days.
  - Keep all water out of the ear.
  - Call the office during the next business day.
Your First Follow-up Appointment

- Call the office (520) 694-1000 for a follow up appointment 1 month after surgery.
- A 3-4 month post-operative visit is also necessary, at which time an audiogram (hearing test) will be obtained. Please let our schedulers know that a hearing test is required immediately prior to seeing Dr. Jacob that day.
- Future follow-up will usually be recommended every 6 months and can usually be performed by your family physician or pediatrician.

Call the office if you notice:

- Increased pain not relieved by Tylenol or Ibuprofen.
- Large amounts of bleeding from the ear.
- Pus/Foul smelling drainage from the ear.
- Redness in the ear area.
- Temperature over 100.5° on 2 consecutive readings.

Important Phone Numbers

University of Arizona Medical Center

- (520) 694-1000 Dr. Jacob’s office - (follow-up appointments)
- (520) 694-1000 Dept. of Surgery Specialty Otolaryngology leave message for nursing station (post-op questions)
- (520) 694-6000 Hospital Operator (after hours questions) Ask for ENT physician on call.