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## **Adenoidectomy with Bilateral Myringotomy with Tube Placement Instructions**

### **BEFORE SURGERY**

- Do not take any aspirin, Ibuprofen or vitamin E TWO WEEKS prior to surgery unless discussed with the doctor, it will increase the risk of bleeding.
- Tylenol or Motrin OTC for pain.
- **NO EATING OR DRINKING ANYTHING AFTER MIDNIGHT THE DAY BEFORE SURGERY.**

### **AFTER SURGERY**

- Keep ears dry. No ear plugs if just swimming on the surface, must wear ear plugs if swimming with your head under dirty water.
- They do not need to be worn while bathing. If patient is irritable or uncomfortable after surgery, Tylenol or Motrin OTC can be given.
- Later that evening, do the other dose of the drop's instructions include 5 drops in each ear twice a day for 3 days.
- Follow up appointment is 6 weeks after surgery, also an audiogram will be done. A nurse from the office will call two days after your surgery and at the time you will need to make your follow up appointment, if you haven't done so.
- As long as there are no infections you will follow up every 6 months thereafter for tube checks.
- Drinking liquids is very important, good pain control equals good intake.
- Rest for the first 24 hours.
- Children can return to school or daycare within 3 to 5 days, but may not participate in any sports activities until one week after surgery.
- Children and teenagers usually heal in 7-10 days.
- Expect bad breath, once healed should resolve.
- Fever up to 101 degrees after surgery is NORMAL and usually persists for 2-4 days after surgery.
- Call us if child has a nose bleed, cough or vomits bright red blood.

Tubes usually stay in the eardrum for 9-12 months and then fall out. Some tubes will fall out sooner, while others may stay in much longer. Usually, the holes left in the eardrum close spontaneously; in 1% of patients, these holes may not close and will require repair, 80% of children have one set of tubes and no more ear problems when the tubes fall out.