



Santa Barbara ENT

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OUTPATIENT SURGERY INSTRUCTIONS FOLLOWING PRESSURE EQUALIZATION (PE) TUBES

EAR DRAINAGE

It is normal to have a small amount of bloody or milky drainage from the ear canal. The tube is usually not visible from the outside. This will persist as long as you use the ear drops (cortisporin, polymyxin, hydrocortisone, neomycin or Ciprodex). Drainage usually stops within 24 hours of the last use of the ear drops. If desired, you may place a small portion of a cotton ball in each ear bowl to catch any drainage.

Occasionally, patients will develop drainage from the ear several days after the drops are discontinued. If this occurs, you should call the office for an appointment.

FEVER

It is normal to have a low grade fever up to 100 degrees in the first 24 hours following anesthesia. If your child is eating well and acting normal, then the fever may be relieved with Tylenol (acetaminophen). Dr. Golgert should be contacted for any fever above 100 degrees or which persists more than 24 hours after surgery.

BATHING/EAR PLUGS

It is usually best to avoid large amounts of water in the ears. A few drops of clear shower water will generally cause no harm. If your child tends to go under the surface of the tub or stands in the shower stream, then you may wish to use a silicon plug (available in most drug stores) or about 1/3 of a cotton ball with Vaseline on it as a sealant. Custom plugs may be made to fit your child's ear if he or she swims frequently or is taking lessons.

TRAVEL

While travel within 24 hours of anesthesia is not recommended, there are no specific restrictions. In fact, your child will be more comfortable with elevation changes or airplane flights once the tubes are in place.

MEDICATIONS

- The ear drops should be used twice a day, 4 drops in each ear where the tube was placed.
- Plain Tylenol suspension may be used according to the manufacturer's instructions.

FOLLOW-UP APPOINTMENT

Dr. Golgert will see the patient 2 weeks after surgery. If your child experienced hearing loss, a follow-up audiogram may be performed.

EMERGENCIES

You may contact Dr. Golgert or the doctor on call through the office number (805) 563-1999. If Dr. Golgert is unavailable, the doctor "on call" will be listed on the office message. If you are unable to contact a physician and you have an emergency, then call 911 or proceed to the nearest Emergency Room.

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