

POST-OP INSTRUCTIONS FOR P.E. TUBES and ADENOIDECTOMY

1. Following insertion of P.E. tubes, there may be drainage of clear fluid, pus, or even blood. This draining should resolve within 1-2 days following surgery.
2. Antibiotic drops should have been prescribed to be used in the ears for approximately three to five days following your child's surgery. As long as the tubes are in, this is the only type of medicated drops I want used .
3. There is no need to worry about water in the ears as long as the child is not submerged in bath water. The child may swim in a chlorinated or saltwater pool without plugs. I would not let the child swim in a pond or lake water without plugs, as long as the tubes are working.

*Note: If you wish, plugs can be made in our office. These can be obtained for a charge of \$80, or silicone putty can be obtained from Walmart and I will show you how to use it at your postoperative visit.

4. If your child's adenoids were removed, you may notice a small amount of bloody discharge or blood tinged sputum. If this bleeding last for more than a day, or if there is a large amount of bleeding from the nostrils and/or spitting up blood, notify the doctor immediately. There is usually a very bad breath and runny nose caused by an adenoidectomy that you would see starting on day 2 or 3, and lasting about 1-1/2 weeks- *This is completely normal.*
5. Removing the adenoids and inserting the ear tubes causes little postoperative pain and usually is alleviated with regular OTC (over the counter) Tylenol or Motrin. A prescription for Tylenol with Codeine is usually prescribed if needed (if your child is not allergic to this). Sometimes the child becomes very fussy and irritable on or around the 3rd day. This is from the irritation of the throat muscles following the adenoidectomy.
6. Your child may resume a normal diet, usually by the afternoon or evening following surgery, but further instructions will be given by staff on the day of the surgery.
7. If the ear(s) were to drain pus, or sometimes bloody discharge in the future, this is an ear infection. Start the drops that were given at surgery and call the office if drainage doesn't subside after 2-3 or if the child starts to run fever.
8. Lastly, we will call to check on your child usually between 3-5 o'clock the evening of the surgery, but if you have any questions or problems, call the office sooner. An appointment will be made the day of the surgery for 10 days to 2 weeks following surgery to see me or the nurse practitioner. We will see you on a yearly basis to monitor the progression of the tubes until they are out.

SURGERY INSTRUCTIONS

- 1. NO ASPRIN OR ASPRIN BASED MEDICATION SUCH AS EXCEDRIN OR BC POWDER, DIET PILLS, HERBAL MEDICATIONS ARE TO BE TAKEN 2 WEEKS PRIOR TO SURGERY UNLESS DR. WEBB STATES OTHERWISE. IF YOU ARE ON BLOOD THINNERS, PLAVIX/COUMADIN, ECT...THEN LET DR WEBB KNOW THIS AND STOPPAGE WILL BE DISCUSSED (THESE MEDICATIONS ARE USUALLY STOPPED 3 DAYS PRIOR TO SURGERY AND USUALLY RESTARTED 3 DAYS AFTER SURGERY.**
- 2. ALL PRESCRIPTIONS ARE TO BE STARTED AFTER SURGERY i.e., PAIN MEDS, ANTIBIOTIC, EAR DROPS, AND ORAL RINSE.**
- 3. IF YOU ARE HAVING SINUS SURGERY MEDROL DOSE PACK IS TO BE STARTED 2 DAYS BEFORE SURGERY & THEN RESTARTED THE DAY AFTER SURGERY, ON THE PILL PACK THAT SHOULD BE DAY 3.**
- 4. THE FACILITY YOU ARE HAVING SURGERY AT WILL CONTACT YOU THE DAY BEFORE WITH YOUR ARRIVAL TIME FOR SURGERY.**
- 5. NOTHING TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE SURGERY. IF YOU DO, SURGERY WILL BE CANCELLED.**
- 6. PLEASE NOTIFY OUR OFFICE BEFORE SURGERY IF THERE IS FEVER, SIGNIFICANT COUGH, OR ANY VIRAL LIKE INFECTIONS (NAUSEA, VOMITING, PINK EYE, ETC...)**