



Post Operative Care Instructions Following the Insertion of Tympanostomy Tubes (PE Tubes)

JUSTIN PAVLOVICH, MD

9250 SW Hall Blvd., Tigard, OR 97223

503-293-0161 x 4057

The following instructions will help you know what to expect in the days following placement of tubes. Do not however, hesitate to call if you have any questions or concerns.

ACTIVITY: Normal activity is permitted as soon as you or your child feel able. This usually is within 6-24 hours.

DIET: Normal

PAIN: There should be little or no pain. However, Tylenol (acetaminophen) may be taken to relieve any discomfort. Follow the directions on the bottle. Avoid medication containing aspirin, ibuprofen, or other anti-inflammatory medication for 10 days. See the back of this sheet for Tylenol (acetaminophen) dosing for children.

FEVER: A low-grade fever may occur and should be treated with Tylenol (acetaminophen). If the fever persists, call.

DRAINAGE: Immediately after surgery, if significant pain or discomfort persists, call. During the first one or two days, there may be some blood-tinged discharge from the ear(s). Some bleeding immediately after surgery is not uncommon. If the drainage persists for more than two days, call.

EAR INFECTIONS: Now that there is a hole in the eardrum, ear infections will be apparent by the presence of drainage from the ear canal. This can look like pus, blood, or both. Do not be concerned. This can be readily treated with antibiotic eardrops. If you were not sent home with a prescription for eardrops, then call us and we will prescribe them for you or your child. If ear drainage continues for 4 days despite the eardrops, then please call.

EAR DROPS: We are sending you home with antibiotic eardrops. You are to put 3 drops in each ear, 2 times a day for 3 days.

FOLLOW UP: Arrange to see us 3 to 4 weeks after surgery.

SPECIFIC INSTRUCTIONS:

Recommended Dosage of Pain Medications (Every Four Hours)

	MILD PAIN
Weight	Acetaminophen elixir (160mg/5ml)
12-17 pounds	1/2 tsp
17-20 pounds	3/4 tsp
20-24 pounds	3/4 tsp
24-31 pounds	1 tsp
31-37 pounds	1 1/4 tsp
37-44 pounds	1 1/3 tsp
44-50 pounds	1 3/4 tsp
50-57 pounds	2 tsp
57-64 pounds	2 1/3 tsp
64-70 pounds	2 3/4 tsp
70-77 pounds	3 tsp
77-81 pounds	3 1/4 tsp

Acetaminophen products (Tylenol, Panadol, Tempra, etc) may be repeated every 4 hours, but not more than 5 times a day.

Safe use of codeine is not established in children less than 3 years of age.