



## TALLAHASSEE EAR, NOSE & THROAT - HEAD & NECK SURGERY, P.A.



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### **PATIENT DISCHARGE INSTRUCTIONS: VENTILATION TUBE INSERTION with or without an ADENOIDECTOMY**

**POST-ANESTHETIC CONSIDERATIONS:** Anesthesia for your child was only 5-20 minutes long. They may feel and act sleepy or disoriented for up to four hours. This is generally completely worn off by the afternoon. Certain anesthetics and pain medications may produce nausea and vomiting which usually resolves by the evening of the surgery.

**ACTIVITY:** You can allow your child to do as much as they feel like doing. Most children are unaffected by the surgical procedure after four hours. We would advise that vigorous exercise or swimming not be allowed for the first 48 hours.

**DIET:** Your child will probably be back to their usual diet by the time they leave the outpatient facility.

**WOUND CARE:** There is really nothing special that needs to be done. We do not worry about clean water entering the ear, but generally it is best to keep dirty water out of the ears for as long as the tubes are in place. Ear plugs are recommended for swimming in stagnant water, such as a pond. Your surgeon may also recommend using them in lakes, rivers, or the ocean.

**MEDICATIONS:** If your child had an Adenoidectomy they should have a prescription for antibiotics to take for 10 days. If not, please ask your surgeon about them. Use only Tylenol or other pain medication prescribed by your surgeon. Do not take aspirin or aspirin-type products (Motrin, Nuprin, Advil, etc.), or any other pain medication other than that prescribed by your surgeon. This is very important as some of these medications can cause bleeding.

**SYMPTOMS TO EXPECT:** Drainage from **the ears** can be expected, but should resolve in 2 to 3 days. If green, yellow, purulent or foul-smelling drainage occurs from your child's ears several weeks after the procedure; you merely need to contact your doctor for prescribed ear drops and prescribed antibiotics. The eardrops should be continued only as long as there is drainage, but your child should refrain from swimming until the drainage has stopped. Please try to remember which ear drains so that we can keep track of this in your child's medical chart. If **the adenoids** were removed, there may be a slight bit of blood from the nose for the first 1/2 day. It should resolve after that. It sometimes recurs when the scab comes off the adenoid bed at 7-10 days postoperatively, but it generally will stop within several hours. Older children may complain of a slight, dull headache if they had an Adenoidectomy. Tylenol should take care of this. After an Adenoidectomy foul drainage or odor from the nose may occur, but should resolve over a period of 48 hours.

#### **WHEN TO CALL YOUR PHYSICIAN:**

- A temperature over 101.5 degrees does not respond to Tylenol; or persists at this level for more than two nights
- Drainage from the ears lasting longer than 2-3 days; or if it does not clear within 3-4 days after using eardrops and antibiotics, an appropriate culture may need to be taken.
- If bleeding from the adenoid bed at 7-10 days postoperatively does not stop spontaneously within several hours
- Foul order or drainage from the nose that does not resolve within 48 hours - this may warrant a change in the antibiotics.

**SPECIAL INSTRUCTIONS:** A postoperative appointment has already been scheduled. Please refer to your Surgery Information Sheet or call the office to confirm the appointment date and time. We strongly suggest that a responsible adult be with the surgical patient the rest of the day and also during the night for the surgical patient's protection and safety. Children should rest at home, but may be up and about according to doctor's instructions. Please contact your physician immediately if any problems occur or if you have any further questions. If you find that you cannot contact him but feel that your signs and symptoms warrant a physician's attention, go to the nearest emergency room