



**Otolaryngology
Specialists
of North Texas**

Pediatric and Adult Ear, Nose, & Throat Specialists

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POST-OPERATIVE INSTRUCTIONS OFFICE EAR TUBE PLACEMENT

Recovery: There is no need to plan any time off of work after placement of an ear tube in the office. Most patients can return to work the same day, or the following day.

Diet: There are not dietary restrictions after surgery. Often, patients will note a metallic or unusual taste in their mouth for 6-24 hours after surgery.

Activity: We generally allow patients to resume normal activities after placement of a tympanostomy tube in the office. We would not advise use of an earplug, unless the patient is planning on swimming over 5 feet underwater, or is planning on swimming in contaminated water.

Instructions/expectations:

pain: The pain following an office tube is generally minimal. It can be controlled with over-the-counter Tylenol, or ibuprofen. If the patient experiences increasing pain during the first week, please contact your surgeon.

oozing: Some patients will have a small amount of bloody discharge from the ear during the first week.

discharge: Discharge of pus or foul smelling material from the ear is a sign of infection. Please contact the office if you notice discharge.

eardrops: Antibiotic eardrops are typically prescribed by your surgeon, to be used for 3-7 days after the procedure.

Medications: Your surgeon will prescribe antibiotic eardrops.

Follow-up appointment: As recommended by your surgeon.