

Otolaryngology Specialists of North Texas

6300 W Parker Rd Suite G24

Plano, TX 75093

Ph: 972-378-0633



7515 Greenville Ave, Suite 410

Dallas, TX 75231

Ph: 214-239-1641

Post-operative instructions following Office Tympanostomy Tube Placement for Dr. Brad Gamble and Dr. Michael Kubala of Otolaryngology Specialists of North Texas. Offices are located in Plano-Frisco and Dallas.

Recovery:

There is no need to plan any time off of work after placement of a tympanostomy 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: Antibiotic eardrops will be prescribed by your surgeon.

Follow-up appointment: Typically 1-2 weeks after surgery. Call the office to confirm appointment.

Notes: _____