

# **Wichita Ear Clinic**

## **Discharge Instructions for Ventilation Tube Insertion**

### **DIET**

- Resume a regular diet and drink lots of fluids. If the patient becomes nauseated, withhold food and liquids for 1 hour and start again with clear liquids. Then progress diet as tolerated. Avoid spicy or greasy foods for 24 hours.

### **GENERAL INSTRUCTIONS**

- A thin watery, thick yellow or bloody drainage from the ear following the surgery is not unusual. Do not stick anything in the ear such as a Q-Tip. Gently wipe the drainage away with a clean cloth on the outside of the ear canal.
- If the drainage becomes thick and yellow or foul smelling, be sure to contact the office.
- Hair may be washed after tube insertion.
- Regular activity may be resumed following surgery.
- Flying is permitted after the patient has had surgery.
- Make sure to wear **ear plugs** if you will be in dirty water such as lakes, ponds, rivers or ocean swimming for as long as tubes are present. Failure to comply can result in serious infection.
- You do not need to wear ear plugs when bathing or swimming to keep water out of the ear.

### **MEDICATIONS**

- Use any ear drops prescribed by the physician as directed.
- Use Tylenol (Acetaminophen) or Ibuprofen for pain control as directed.

### **CALL THE DOCTOR IF ANY OF THE FOLLOWING OCCUR**

- Heavy ear drainage, this represents infection.
- Temperature above 101 degrees that is persistent
- Persistent nausea and vomiting.
- Contact your doctor if you have any questions or concerns.

**PLEASE MAKE A FOLLOW UP APPOINTMENT IN \_\_\_\_\_Days/ Weeks, or follow- up as scheduled.**

**I have read and understand the discharge instructions and reviewed them with the nurse.**

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Patient/Guardian Signature

Nurse's Signature

Date