

## **POST-OP INSTRUCTIONS FOR TYMPANOSTOMY TUBE INSERTION WITH OR WITHOUT ADENOIDECTOMY**

### **AFTER SURGERY:**

1. Avoid getting water into the ears. Earmolds are available at our office.
2. Patient may resume usual activities within 24 hours after surgery.
3. Mild discomfort sometimes occurs from adenoidectomy. Use plain Tylenol.  
AVOID ASPIRIN, IBUPROFEN (such as Motrin/Advil, Etc.)
4. Bloody nasal discharge and congestion after adenoidectomy is normal.  
Use humidifier as needed.
5. Antibiotic Eye drops will be prescribed after the tubes are placed; use as directed in the ears.
6. Please call for appointment in 7-10 days after surgery.