



Balance and Ear Center Inc.

Postoperative Instructions Tonsillectomy / Adenoidectomy / Ear Tube Placement

Tubes:

Drainage after ear tube placement is common for the first several days. Occasional sharp pains may also be experienced.

1. No water in your ears until after the 1st postoperative visit
2. use a cotton ball soaked in Vaseline during showers/bath
3. Swimming is allowed in chlorinated water only NO LAKES OR RIVERS
4. No Diving
5. Use 2 drops of antibiotics in each ear after swimming to avoid infection
6. Ear plugs while swimming are not required but may be used
7. Customer ear plugs can be made at our office if desired

Tonsillectomy / Adenoidectomy:

1. Report any bright red bleeding to our office immediately
2. For brisk bleeding call 911 to get to the closest emergency room
3. Sore Throat and pain are normal and can be quite severe for the first 2 days after surgery
4. For pain do not use aspirin/ibuprofen products
5. On the second and third days after the procedure activity levels can be resumed
6. No strenuous exercise for two weeks after surgery
7. Fever after surgery is quite common. If fever over 101.5 or if the fever persists for longer than 2 days after surgery please contact our office.

Should any question or problems arise please call our office

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