

Postoperative Ear Tube and Adenoidectomy (Pediatric)

Instructions

Dr. Healy - Dr. Keele - Dr. Tubbs - Dr. Ramsey

Contact Information:

- **Glacier Ear Nose and Throat - (406) 752-8330**
 - 9am to 5pm, Monday-Friday
 - After 5 pm and weekends, an "on call" provider is available.
- **The HealthCenter - (406) 751-7550**

When should I call my doctor?

- If you are worried, your doctor is worried! You should call my doctor's office.
- You should call the doctor or go to an Emergency Room if your child spits up more than a teaspoon of blood.
- If your child has a fever above 101.5 degrees, call the doctor.
- Call the doctor if your child has severe neck pain and cannot turn his/her head.
- You should call the doctor if your child has bad breath more than 2 weeks.
- If your child does not drink or eat for 24 hours or more, call your doctor.
- If your child has signs of dehydration, like a dry, sticky mouth or is not peeing much, call your doctor.

What should I expect after surgery?

- Your child will have a sore throat for up to 2 weeks after surgery.
- Your child will have a stuffy nose for up to 2 weeks after surgery.
- Your child may have neck, jaw or ear pain.
- Your child will have bad breath and white or dark scabs in his/her throat for 2 weeks after surgery.
- Your child will have a small amount of bleeding from his/her nose or will have a small amount in his/her spit for a few days.

When will my child see the doctor?

- Your child needs to have a follow-up appointment with the doctor in 2-4 weeks after surgery.

What about my child's pain?

- Your child will have some discomfort.
- Give your child scheduled doses of **Children's Ibuprofen or Motrin** for **5 days** after surgery.

Ibuprofen (100 mg/5 mL): give _____ mL by mouth every 8 hours for 5 days
(10 mg/kg/dose).

- If your child is not taking Norco, Lortab or Percocet you may give Children's Tylenol with the Children's Ibuprofen or Motrin.

Children's Tylenol (Acetaminophen) (160 mg/5 mL): give _____ mL by mouth every 8 hours
(15 mg/kg/dose).

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- The following schedule is an example of how to alternate doses of Ibuprofen and Tylenol (Acetaminophen). The times can be adjusted based on your child's sleep and meal routine.

<u>Scheduled doses of Ibuprofen at:</u>	6 AM	2 PM	10 PM
	X	X	X

<u>Tylenol if needed at:</u>	10 AM	6 PM	12 PM	Overnight if needed
	X	X	X	X

- If that schedule does not relieve your child's pain, your child may be given a prescription for narcotic pain medication.
 - Your child should still take the scheduled Children's Ibuprofen or Motrin.
 - Your child should not take extra Tylenol if taking Norco, Lortab or Percocet because they have Tylenol in it.
 - Narcotic pain medication may cause constipation. Provide extra fluids and possibly a stool softener.
- Follow pain medication instructions given by the nurse or pharmacist.
- Your child may be given Tetracaine lollipops to help numb the throat.

How do I care for my child's surgical site?

- Use 3 to 5 drops of antibiotic ear drops to both ears 2 or 3 times a day for 5 days after surgery.
- Place cotton or ear plugs in the ears and seal with Vaseline when washing his/her hair for 3 days after surgery.
- Place a cotton ball in the outer part of the ears if there is bleeding and change it as needed.
- Do NOT use Q-tips in the ears.
- Your child is allowed to swim 3 days after surgery.
 - If he/she swims in clean water, like a pool, or goes in a bathtub, he/she does not need ear plugs.
 - If he/she swims in lakes or rivers, he/she should use ear plugs.

What should my child eat and drink?

- Your child should have liquids for 4 hours after surgery.
- Your child should have cool or warm liquids and foods.
- Your child may eat soft foods for 10 days after surgery.
 - i.e. noodles, pudding, soup
- Avoid hard foods for 10 days after surgery.
 - i.e. chips, pretzels, toast

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