

Michael Alexiou, M.D.

Fellow, American Academy of Otolaryngology
Diplomate, American Board of Otolaryngology

Endoscopic Sinus Surgery
Cutaneous Oncology Surgery
Head and Neck Surgery

Digital Hearing Aid Sales & Service
Audiologic Testing
Otologic Surgery

Postoperative Ear Tube Instructions

- Your child may return to normal activity, but please avoid vigorous play (wrestling, tackle football) for 1 week.
- If drops are prescribed, use them for the recommended duration. Often the prescribed drops will say ophthalmic or eye drops on the bottle. Do not be alarmed, as these indeed are the drops we wish for you to use.
- If the drops seem to cause irritations, stop using the drops.
- After surgery, your child may have ear drainage for 3-4 days. This may even be blood tinged. Do not be alarmed, as this is normal. If after five to seven days the drainage persists, becomes very thick, or has a foul odor, please call our office.
- If in the future the ears begin to drain, please notify us. Usually we will instruct you to begin using drops in the affected ear. For this reason, please save the excess medicine left in the bottle after using drops after surgery.
- You may use a Q-tip to remove any visible drainage from the ear canal prior to using the drops.
- **Remember your return visit.** If you have any other questions or problems please call us at the office at 434-2255.

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Patient Information: Tympanostomy Tubes and Ear Infections

- Although uncommon, children can still get an ear infection (otitis media) with a functioning tube; discharge from the ear canal is the most common symptom.
- Ear infections without discharge may also occur but usually resolve without treatment; antibiotics are unnecessary unless your child is very ill or develops discharge later. Ear discharge may be clear, cloudy, or foul-smelling; bloody discharge may occur if the middle ear is inflamed but is not a cause for alarm or excessive concern.
- If you notice a discharge from your child's ear:
 1. Use a cotton ball to prevent discharge from accumulating in the ear canal and outer ear; prolonged contact of discharge with the skin will cause irritation and pain.
 2. Prevent water entry into the ear canal during bathing or hair washing by using a small piece of cotton saturated with Vaseline to cover the opening.
 3. Do not allow your child to swim until the discharge stops.
- Whether or not you need additional medications depends on the cause and symptoms:
 1. If your child has minimal symptoms or a runny nose, the most likely cause is a cold or viral illness; no additional medications are usually necessary.
 2. If your child is very young or has ear pain, fever, and appears ill, the most likely cause is a middle ear infection; oral antibiotics alone should provide relief.
 3. If the discharge began shortly after your child had water enter the ear canal during bathing or swimming, antibiotic ear drops alone should provide relief.
- When ear discharge persists more than a few days, an antibiotic drop should be used because oral antibiotics are inactive against certain bacteria in the ear canal.
- Contact our office if the discharge persists longer than 7 days or tends to recur frequently.
- Most important, do not worry; ear discharge will not damage your child's ears or hearing.

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