



Postoperative Care Instructions for Pediatric Patient Following Ear Surgery

Medications

- You may take Children's Tylenol every 6 hours and alternate with Children's Ibuprofen every 6 hours. For example: Tylenol at 9a, Motrin at 12p, Tylenol at 3p, Motrin at 6p, etc.
- Resume all other medications unless otherwise noted.

Tylenol 160mg/5mL

Ibuprofen 100mg/5mL

Activity

- **For 24 hours:** Limit your activity for the next 24 hours and get plenty of rest.
- **For 1 week:** No heavy lifting or pushing, active sports, strenuous exercise, or heavy household work. Objects that cannot be lifted with one hand are considered too heavy. You may walk and do light household activities.
- You may plan to return to work in 1-2 weeks, or as instructed.

Diet

- Diet as tolerated, unless instructed otherwise.
- Drink plenty of fluids.

Wound Care

- Keep operative ear dry (earplug or cotton ball coated with Vaseline)
- Sutures may be present over the ear, behind the ear, or in the earlobe. Do not scrub incision. Pat these dry after bathing
- Packing that is in the ear canal should be left alone. If it does begin to come out, cut off the excess, but **DO NOT** attempt to replace the packing.
- **DO NOT** blow the nose until follow up. Sniffing gently is permissible.
- Sneeze with the mouth open to avoid excess pressure on the ears.

Call your doctor (or go to the emergency room) if you have!

Violent dizziness, extreme nausea and vomiting, sudden decreased hearing, severe head pain, temperature 101 or greater, paralysis of the face, or ear drainage should be reported immediately.

Please contact our office at 478-743-8953 if you have any questions or concerns.

Please attempt to contact our office first so that we may advise you appropriately. If for any reason, you are unable to reach our office or your surgeon in an emergency, please go to the nearest emergency room.