



Caring for your child at home after **INSERTION OF P.E. TUBES**

Dear Parents, your child has just had an insertion of P.E. tubes. (Pressure Equalizing tubes) and is now ready to go home. A P.E. tube is inserted into the tympanic membrane ("eardrum") through a tiny cut. This procedure is to drain fluid accumulated behind the ear drum which can cause a decrease in hearing and/or ear infections. This following information will help ensure your child has a safe recovery after leaving the hospital.

Care for the surgical site

- Clean ears with a damp cloth around the outside of the ears.
- Avoid probing the ear canal with cotton swab as this will push the wax further in.
- For bath/ shower/ shampoo, use ear plugs, cotton ball rolled in Vaseline, or ear molds as instructed by the surgeon or the nurse. Information concerning ear molds may be obtained from the Department of Otolaryngology – Head and Neck Surgery (OTL-HNS).
- A bloodstained discharge may occur within 48 hours after the surgery.

Pain management

- Give acetaminophen (Tylenol® or Tempra®) every 4 hours if needed, but no more than 5 doses total in 24 hours. Next dose may be given only at _____ hours.
- Other medications might be prescribed. **It is very important to follow the exact dosage and frequency prescribed.**
- Refer to other instructed pain management information.

When will life go back to normal?

- **Activity:** Quiet activities today with close supervision. Normal activities tomorrow. Flying is allowed.
- **Bathing:** May have a bath or shower tomorrow.
- **Swimming:** Only with the surgeon's permission and instruction. No diving
- **Diet:** Give water, apple juice, Popsicle, flat ginger ale or Jell-O for one to two hours. If tolerated, proceed to a soft diet such as soup, yogurt, ice cream and/or cereal. The day after surgery your child may take a normal diet.
- **School/Daycare:** May go back to school/daycare the day after surgery.

When to call the doctor?

- Pain that does not lessen even after giving your child the prescribed medications.
- A fever of 38.5° C (101°F) or higher, 48 hours after the surgery.
- Persistent discharge from the ear(s) after 48 hours.
- Foul smell ear discharge

Follow-up

- For your next appointment please call 514- 934-1934, extension _____
- Clinic _____ Doctor _____
- Type of follow-up recommended: in clinic by phone other _____

Contact Information

IF CONCERNED, PLEASE CALL THE MONTREAL CHILDREN'S HOSPITAL AT 514- 934-1934 AND ASK FOR THE PHYSICIAN ON CALL FOR THE _____ SERVICE OR COME TO THE EMERGENCY ROOM OF THE HOSPITAL.

Disclaimer: Information provided by this pamphlet is for educational purposes. It is not intended to replace the advice or instruction of a professional healthcare practitioner, or to substitute for medical care. Contact a qualified healthcare practitioner if you have any questions concerning the care of your child.