



Post-Operative Care and Instructions for PE Tubes

1. **DRY EAR PRECAUTIONS** – *Do not get water into ears* – especially bath water. This can cause an ear infection.
2. Use swim molds to protect ears from water entry. Our nurse will discuss water precautions with you on your post-op visit. Custom-made earplugs can be purchased at our office for your convenience.
3. If you have not yet been fitted for swim/ear molds, use cotton soaked in mineral oil to protect ears while bathing/showering or washing hair. Remove cotton when finished, as a warm dark environment can cause an ear infection.
4. Use prescribed ear drops: Floxin / Ciprodex – 5 drops to each ear (with PE Tube) every 12 hours for 10 days or until the bottle is finished. When applying drops, remember to pull the ear back and rub the front of the ear to help the drops get into the ear.
5. Drainage and/or bloody discharge from the ears can be expected after surgery. Even months after surgery, bloody discharge can occur and usually indicates that an ear infection is coming on. Please notify our office so that you can be instructed on how to manage this and to schedule an appointment to have your ears checked. Do not use any over the counter eardrops or previously prescribed eardrops, as they may not be safe now that the eardrum is opened with a tube.
6. For 1 week after surgery:
 - a. Do not blow nose for one (1) week after PET placement. This could cause the tube to be displaced.
 - b. If you must sneeze, try to open your mouth to avoid pushing the PE Tube out accidentally.

We look forward to seeing you on your post-operative appointment @1 week after surgery.