



PE TUBES

These instructions will help you take care of yourself at home.



DIET

Start with clear liquids after you reach home. Wait about 45 minutes and if you do not feel sick, try bland foods first and then progress to your usual diet.



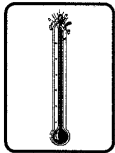
ACTIVITIES

Rest with quiet activity for 1 to 2 days. Keep all water out of ears until further notice from your physician. Do not swim in rivers, lakes, ponds or the ocean while ear tubes are in place. You should feel little or not pain.



SPECIAL CARE NEEDED

To keep ears dry use Vaseline-covered cotton balls as ear plugs while bathing. Wash your hair in the sink, keeping the operative ear up at all times.



INFECTION

Watch for any sign of infection after surgery: **fever (> 101°F), chills, increased pain, redness, swelling, or foul smelling discharge from your wound.** Call your doctor at the first sign of any infection.



WHEN TO CALL YOUR DOCTOR

Call 434-924-0000 and ask for "ENT Resident on call" for Dr. _____ if:

- Bleeding or pus-like drainage from ears
- Decrease in hearing
- Severe ear pain
- No urine output eight (8) hours after surgery
- No bowel movement in three (3) days
- There are signs of infection as above
- Vomiting lasting more than four (4) hours
- Large amount of bleeding or swelling

ENT CLINIC 434-924-5700 MONDAY-FRIDAY 8AM-5PM

In case of an emergency, call 911