

INSTRUCTIONS FOLLOWING PRESSURE EQUALIZATION TUBE PLACEMENT

Ear Drops

Ear drops will be prescribed; start using drops as on the day of surgery. **three** drops each ear **twice** daily for **seven** days. They can be used anytime you suspect that the ear was exposed to water (i.e.: after swimming, after bathing...) or as the first line of treatment for ear pain or discharge after tube have been placed.

Water Exposure

Avoid water in the ears. Okay to wash around the ear, but do not allow water inside ear canal. A **cotton ball with Vaseline** works well to keep water out when bathing.

Silicone ear plugs (Puttie Buddies, Doc's) can be purchased at any of the local pharmacies. These are recommended for swimming in pools and ocean. Further water protection can be obtained with an **"Ear Bandit"** which is a neoprene head band for swimming. We sell these out of the clinic for about ten dollar. Finally for children and adults that are serious daily swimmers we offer a customized form fitted acrylic ear plug called **"Aqua-nots"** or **"Neon Lites"**. They cost around one hundred dollars and are custom fit for each canal.

Call the Office

Call the Clinic for any dizziness, nausea, vomiting, fever of 101 F or pus drainage.

For water contamination from tub, shower, pool, lake or ocean water the same ear drops used after surgery can be used prophylactically after an exposure of the ear to contaminated water. Put three drops the affected ear one time and if pain or drainage follows continue with drops two times daily for three more days. If the problem persists call the clinic.

For any questions or problems, call the clinic at 714-3434. In case of emergency or weekends/holidays, call the service or go the hospital Emergency Room.