

POST-SURGICAL RECOMMENDATIONS FOR TYMPANOSTOMY OR VENTILATION TUBES

Process: Care and Treatment | **Code:** CT-FO-129 | **Version:** 03 | **Approval Date:** May 19, 2016

DIETARY CARE

- During the first day, avoid consuming dairy products and do not drink carbonated beverages (sodas). These items can cause vomiting and many other discomforts.
- On the first day, the patient should consume soft foods such as gelatin and popsicles, as well as liquid items like juices. After the second day, you may return to the regular meals typically served at home.

MEDICATIONS AND CARE

- It is very important **not to get water in the ears** while bathing or showering. It is recommended to block the ear canal with a cotton ball coated in petroleum jelly (Vaseline).
- Do not swim in pools until authorized by your doctor.
- Take only the medications prescribed by your doctor. Please note that medication intake should begin after consuming some food.

DO NOT BE ALARMED

- A minor or scarce discharge of fluid from the ears during the first few days is normal; remember that the function of the tubes is to ventilate and drain.

WARNING SIGNS

If you experience any of the following warning signs, you must contact your doctor immediately:

- Temperature above 38°C (100.4°F).
- The discharge of fluid or blood from the ear is heavy or abundant.
- Discharge of pus or a foul odor is detected in the operated ear.

YOUR SAFETY IS VERY IMPORTANT TO US If you have not yet contacted your doctor, you can call the clinic at **2658584 ext. 170-177**. Please note that phone hours are Monday through Friday from 6:00 AM to 9:00 PM. Alternatively, you can write to **seguridad.paciente@clinicaorlant.com** to receive further instructions.

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