

**ARKANSAS OTOLARYNGOLOGY CENTER ASC**  
**TYMPANOSTOMY & TUBES/ADENOIDECTOMY**

1. Diet: Liquids to regular diet as tolerated.
2. Activity: As tolerated, keep patient inside the day of surgery and may resume regular activities first post-op day.
3. Fever: Low-grade fever is to be expected the first few days. Your pain medication has Tylenol (acetaminophen) in it. **Do not** use extra Tylenol unless directed by your doctor. Giving Tylenol (acetaminophen) as directed should keep the fever below 101°. Fever that does not respond with Tylenol and pushing liquids should be reported to the nurse or doctor on call.
4. General: There is often drainage or blood from the ears at any time after tubes. If you see blood, use the drops we gave you and call your doctor the next working day. It is okay to get clean water in the ears.
5. **Do not** use any ear solution or ear drops (including pain/numbing) drops that we have not prescribed.

**ADENOIDECTOMY:**

1. Diet: Liquids to regular diet as tolerated. Encourage fluid intake.
2. Activity: Quiet, in-home activity first 2-3 days post-op. May resume normal activities in 3-5 days post-op, if doing well.
3. Medications: Prescriptions for pain and nausea will be provided by the physician as indicated above. **Do not** use aspirin or ibuprofen products unless approved by your physician.
4. Pain: Some throat pain may be experienced for 2-3 days post-op but normally is tolerate well when pain medication is taken as directed. Complaints of ear pain should be treated with the prescribed pain medication. **Make sure** you use an approved measuring devise to dose the pain/fever medication.
5. Fever: Low-grade fever is to be expected the first few days. Your pain medication has Tylenol (acetaminophen) in it. **Do not** use extra Tylenol unless directed by your doctor. Giving Tylenol (acetaminophen) as directed should keep the fever below 101°. Fever that does not respond with Tylenol and pushing liquids should be reported to the nurse or doctor on call.
6. Bleeding: Occasional spotting or short episodes of bleeding from the nose or mouth may be expected in the first 7-10 days post-op. If bleeding occurs, try to calm patient, give pain med, ice chips and cold compresses or ice bag to neck area. If bleeding persists or is a large volume, call physician or nurse on call.
7. Recheck in approximately one month. You may reschedule if this is not convenient.
8. Breathing or respiratory concerns should be reported to your physician immediately.

**Emergency/Doctor on call after hours at the Medical Exchange 501-663-8400**

Office:501-227-5050 Surgery center hours are Monday-Friday from 7:30am to 5:00pm.  
If you need to see a physician after hours do not return to the surgery center, go to the emergency room.