



Pre-Operative Instructions

Listed below are instructions for pre-operative care. The doctor will review these instructions with you before your procedure. If you have any questions, please discuss them with your doctor before your procedure.

TYMPANOSTOMY

Having tubes placed in the ears is one of the most commonly performed surgical procedures. The operation is usually quick, relatively painless, and rarely associated with complications. Here are some suggestions to help make things go smoothly.

BEFORE SURGERY

In general, you should not eat or drink within 8 hours of your scheduled surgery. This may be relaxed a little for certain procedures but you should double check with your doctor especially if you have a medical condition that requires food every few hours.

It is important to note that you can still have the surgery even if you have an ear infection. (Remember - if you did not have a problem with infections, you would not need the surgery.)

Parents are allowed in the operating room to help their child feel safe while they are waiting to fall asleep. However, as every hospital has different procedures, please double check with your operating room. If a parent is allowed to remain with the child, please one parent only.

Usually a child does not need any pain medication. If your child is complaining of discomfort feel free to give Tylenol as needed.

It is important that following surgery you keep your child's ear DRY! Please use earplugs while showering or bathing. Swim plugs may be purchased at your local drug store for swimming. However custom earplugs are usually a better fit. Please speak with our audiologist prior to surgery so a mold of your child's ear can be made and the plugs made before they will be needed. Please allow at least 2 weeks for the molds to be made and returned to you.

Eardrops will be given to you. Place 3 to 4 drops in the ear with the tubes (or both if surgery was performed on both) each ear at night for three nights. If your child complains of pain after you use them the first night, don't use any more.

Call our office if you have any questions or problems.



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SINUS SURGERY

Sinus surgery is used to open blocked sinuses, drain the sinus passages and allow the infection to gradually resolve. There are new techniques available for sinus surgery, which cause less swelling, bruising, bleeding and pain than before. Please review the following carefully to ensure that you do your part towards a recovery that is as uncomplicated as possible.

DON'T EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE SURGERY.

DON'T: take aspirin, ibuprofen, or any other non-steroidal anti-inflammatory drugs.

Please check with your doctor to find out how much time needs to pass between the surgery and the last time you had an aspirin or any other anti-inflammatory medication.

The morning of your surgery please make sure you take all scheduled medication including - high blood pressure or heart medication. **HOWEVER**, only have a sip of water. **DO NOT** drink an abundance of water. Your stomach is to be empty for the surgery.

DO: Discuss with your primary care doctor what to do about insulin or other diabetes medication. If you have any questions, please speak with your doctor.