

BMTT and Adenoidectomy - Post Operative Instructions

Surgery

Placing ear ventilation tubes (BMTT) and removing the adenoids involves a brief anesthesia, typically 10-20 minutes. Patients may be irritable for several hours after surgery. Some patients will remain sleepy for much of the day. You may have nausea or vomiting, but it usually goes away by the evening of surgery without additional medication.

Medication

Your doctor will give you ear drops to use after surgery: Use them as directed by your surgeon.

Keep these drops when you are done using them because they are used to treat clogged tubes, ear infections, and chronic drainage when ear tubes are in place.

Most children do not need pain medications after this surgery, however, you may use regular Tylenol or Motrin if you are concerned that your child is having pain.

Effects of Surgery

- Children may tug at their ears, but this does not necessarily mean that he or she is in pain
- You may see a small amount of blood from the ears for the first day or 2. This is normal
- Drainage usually occurs in the first few days after surgery. If it continues after drops are finished, call the doctor's office
- Low-grade fever may occur. Tylenol (either by mouth or rectally) can be used. If your child has a fever greater than 101.5° F and doesn't respond to Tylenol, call the doctor's office
- Children can return to normal activity, school, or daycare the day after surgery
- Hearing is generally improved after tubes are inserted. Because of this, your child may be sensitive to, or startle with, loud sounds until he or she gets used to their improved hearing
- Some children complain of a stiff neck after surgery. You may treat this with Tylenol or Motrin as needed, and it will go away within several days of surgery
- If your child has nausea or vomiting, try giving sips of clear liquids like Sprite, water, or apple juice. Then gradually increase fluid intake. If the nausea or vomiting continues beyond 24-36 hours, call the doctor's office for medications that will help relieve the nausea and vomiting
- Bloody drainage from the nose or blood-tinged nasal discharge can happen after adenoidectomy and is normal
- Many patients will have very bad breath for up to 2 weeks after adenoidectomy
- If the adenoids are very large, the patient's voice may change after surgery
- Some patients will have a small amount of liquid come out of their nose when they drink after surgery. This should stop within a few weeks after surgery

What Should I do if I see Bleeding from the Ears?

Small amounts of blood soon after surgery are normal. If bleeding from the ears continues several months later, the child may either be having an infection, an inflammatory reaction against the tubes, or the tube is beginning to come out. If this happens, call the doctor's office for further instructions.

Can my Child Swim with Tubes?

Children can swim in chlorinated pools after a BMTT without earplugs. No diving. You should always use earplugs when swimming in lakes or in the ocean.

Bathing

No ear plugs are needed when bathing, but have your child do bath time “playing” in non-soapy water. Then use soap/shampoo just before getting out of the tub.

General Information

- Children can still have ear infections, even with tubes. Tubes will let fluid drain out of the ear, allow for less (or no) pain, and also allow the use of topical antibiotics instead of oral antibiotics
- Drainage from the ears is common when ear tubes are in place. It can be normal or a sign of infection. If you see drainage from the ears for more than 1-2 days, call the doctor for instructions
- Some children will need another set of tubes after their first set come out
- Children will be seen a few weeks after surgery for a hearing test to confirm tube placement and openness. Children with ear tubes in place should be seen by the doctor every 6 months after surgery to have their ear tubes checked
- Rarely, when the tubes fall out, the eardrum does not heal, leaving a hole in the eardrum. This is called a tympanic membrane perforation and can be repaired with surgery