

POST OPERATIVE INSTRUCTION FOR MYRINGOTOMY & TUBES

1. Following myringotomy and tube insertion a child may exhibit some signs of lassitude and sleepiness for the first twelve to twenty-four hours following the administration of anesthesia. There is no limitation on food intake providing child is alert and awake.
2. The patient should remain home the day of the surgery but may resume normal activity and return to school the next day.
3. Caution should be observed in keeping water out of the ear. This can be done easily by inserting a small piece of cotton saturated with Vaseline into the outer portion of the ear canal when bathing the child. Store bought ear plugs may also be used or we can make custom plugs in the office.
4. Pain and discomfort should be at a minimum following the procedure. No medication is necessary as a rule for any accompanying discomfort.
5. A small amount of bleeding can occur during the first twenty-four hours and is not a cause for any concern unless it should become excessive.
6. Should any discharge or drainage from the ear occur, please contact me at the office.
6. Please call the office for a post operative appointment.

Should you have any questions, please do not hesitate to call at any time.

ROBERT L. WEISS, MD

Patient/Guardian



Sinus Center | Hearing & Balance

POST OPERATIVE INSTRUCTIONS FOR SEPTOPLASTY AND/OR FUNCTIONAL ENDOSCOPIC SINUS SURGERY

1. You have had an anesthetic (this includes sedation) and may be drowsy today. You are not to drive until tomorrow or work around any hazardous equipment.
2. Diet: Gradually increase your diet as tolerated. No dietary restrictions other than existing restrictions prior to surgery.
3. Special nasal packing may be placed in your nose at the time of surgery. Be sure you know when to return to the office for its removal. Do not remove this yourself or blow your nose unless you are instructed to do so.
4. Expect some nasal bleeding. You also may experience some bleeding and drainage down the back of your throat. Use a drip pan (gauze pad) as needed. After removal of the packing expect nasal and post nasal drainage for at least one week. The majority of this drainage stops in 3-4 days.
5. You may have some nasal congestion (even after the removal of the packing) stuffiness and headache post-op. You may also experience a mild sore throat. A room humidifier (use water only) is very important to help this. If your headache is not controlled with medication contact the office.
6. Be sure to take your antibiotic and pain medication as prescribed. Tylenol (acetaminophen) is frequently sufficient for pain, discomfort or headache. DO NOT take aspirin, motrin, advil, or bufferin post-op or pre-op.
7. Use nasal saline spray (any brand purchased over the counter) 2-3 times per day. Use prescription nasal spray (2 sprays, 2 times per day) if this has been prescribed.
8. Any changes in vision, severe headache, excess bleeding is NOT expected and a prompt phone call to your doctor should be placed.

ROBERT L. WEISS, M.D.
SHELDON B. GREEBERG, M.D.
203-716-6012

Parent/ Guardian

POST OPERATIVE INSTRUCTIONS FOR TONSILLECTOMY/ AND OR ADENOIDECTOMY

DIET FOR ONE WEEK: Cold, soft, bland foods and plenty of fluids.

EXAMPLE: Water, flat soda, milk, ice cream, sherbet, Jell-O, puddings, also cereals, mashed potatoes. Other soft foods can be added as tolerated.

AVOID: Hot, hard, sour, spicy foods, citrus juice, pretzels, potato chips and pizza.

PATIENT IS TO STAY HOME AT LEAST 4 DAYS WITH A MINIMUM OF ACTIVITY.

If you received an antibiotic at the time of discharge, take the medication until finished. Call the office to arrange for a post-operative visit.

COMMONLY ASKED QUESTIONS:

Must the patient stay in bed? No. What does minimum activity mean? As a rule these patients are otherwise healthy and keeping them at rest for 4 days may be a problem. At the very least, avoid overheating, bending lifting and straining.

WHAT CAN BE DONE TO RELIEVE THROAT PAIN?

There is pain for several reasons. First there is a healing wound and like any open sore properly treated it will still hurt a little. The second reason it will hurt is that any irritation for hard, hot, sour, acid or spicy foods will sting like "salt in the wound". Stick to the recommended foods to avoid the sting. The last explanation for the pain is that for the first few days after the operation the throat muscles are not used and become "stiff". For this reason the patient should be encouraged to eat the recommended foods: the more the throat is used the more comfortable it becomes. Take the pain medication as prescribed. You may also take Tylenol. DO NOT give MOTRIN/ADVIL/ASPIRIN as these can cause bleeding.

WHY DO THE EARS HURT?

The ears and the throat share some of the same nerves. Usually the discomfort in the ears comes from the healing throat and therefore is common, temporary and not a worry. If however, the patient complains about severe, persistent pain notify the Doctor.

IS SWELLING IN THE NECK NORMAL? NO

WHAT ARE THOSE WHITE PATCHES IN THE THROAT?

This is the appearance of a healing tonsil bed and is normal.

WHAT IF THE PATIENT BLEEDS AT HOME?

Pink mucus coughed or spit up is not bleeding and can be ignored. However any bleeding from the nose or throat or any bloody vomiting should be reported to the Doctor or call the hospital. Meanwhile sit the patient up and have him/her hold some ice chips in their mouth. If the bleeding is heavy or you are concerned, call 911.

IS FEVER COMMON? YES

Fever up to 100 degrees can be expected for a few days. Any higher should be reported to the Doctor although it will go away if the patient takes enough fluids.

CALL DR. WEISS @ THE OFFICE IF YOU HAVE ANY QUESTIONS #203-845-2244

Patient/Guardian Signature _____

I/we have received a copy of these instructions and all questions were answered.