



L'Hôpital de Montréal pour enfants  
The Montreal Children's Hospital

Centre universitaire de santé McGill  
McGill University Health Centre

## CARE AT HOME AFTER INSERTION OF P.E. TUBES

For your next appointment please call (514) 412 - \_\_\_\_\_

Clinic: \_\_\_\_\_

Doctor: \_\_\_\_\_

Type of follow-up recommended: in clinic by phone other \_\_\_\_\_

**ACTIVITIES:** Quiet activities today with close supervision.  
Normal activities tomorrow.

**SWIMMING:** Only with the surgeon's instructions. No diving.

**SCHOOL:** May go back to school tomorrow.

**BATH:** May have a bath tomorrow. For bath and shampoo, use ear plugs, cotton ball rolled in Vaseline, or ear molds if instructed by your surgeon. Information concerning ear molds may be obtained from the E.N.T. department. Notify the surgeon in case of discharge from the ears after 24 hours.

**MEDICATION:** For pain, give Acetaminophen (Tylenol or Tempra) every 4 hours if needed. Next dose may be given only at \_\_\_\_\_ hours.

**DIET:** Give water, apple juice, popsicle, flat Ginger ale or Jell-O for one to two hours. If tolerated, proceed with a soft diet such as soup, yogourt, ice cream and cereal. Tomorrow, he/she may be given a normal diet.

### \*\*\* PARENTS PLEASE NOTE \*\*\*

**IF YOU ARE CONCERNED, PLEASE CALL THE MONTREAL CHILDREN'S HOSPITAL AT 514-412-4400 AND ASK FOR THE PHYSICIAN ON CALL FOR THE OTOLARYNGOLOGY (E.N.T.) SERVICE OR COME TO THE EMERGENCY ROOM OF THE HOSPITAL.**