

HOW TO CARE FOR TUBES:

- NEVER use alcohol, peroxide, or swimmer's ear in ears with tubes
- If you see drainage from an ear (any color), begin drops given after surgery. You were given 5 refills.
 1. Insert 3 drops, three times a day, for three days **(3-3-3)**
 2. Turn the head to the side that is draining and pull up on the ear.
 3. Insert 3-4 drops into the ear and press several times in front of the ear to help drops get down into the ear canal.
 4. Then, place a Kleenex at the opening of the ear and turn the head over and let the drop out.
 5. If the ear is still draining after the third day, continue the drops and call our office.
- Bathtub water is dirty water. You may pour water over the head or take a shower, but no submerging in the water. If this should happen by accident, begin your drops as instructed above.
- Lakes, rivers, and streams are also considered dirty water and a plug should be used in the ear. You can purchase silicone plugs at Academy and roll and shape them like a sno-cone with pointed end into the ear.
- If you have a pool at your home that is salt water and Chlorine that is kept clean with chemicals that is safe for tubes. However, if you travel to a hotel, resort, or water park a plug should be used.
- Beaches located in Alabama and east are considered ok to swim in without a plug. Ex: Gulf Shores, Destin, Panama City.
- Please feel free to call our office with any additional questions at (318) 443-9773.