

Tan Head & Neck Center  
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## **WHAT TO EXPECT AFTER YOUR PE TUBE (EAR TUBE) SURGERY**

1. You are free to resume all regular activities immediately.
2. Restrictions: Dry ear precautions are necessary to prevent water from getting into the ear canal. It is ok to get the outer ear wet. However, it is important to keep water out of the ear canal to prevent ear infections. Swimming- patients should wear water-tight ear plugs. Bathing/showering: A cotton ball in the ear is sufficient to keep any water from accidentally flooding the ear canal.
3. Pain: The procedure is usually well-tolerated. You may have some ear discomfort for a few hours after surgery. Tylenol is recommended for any pain you may experience.
4. Follow up: Please make an appointment to see your ENT doctor 1-2 weeks after surgery. Ear tubes typically will come out on their own in 1-2 years. Occasionally they may need to be surgically removed if they do not extrude on their own.