



Dr Talmadge – Eustachian Tube Dilation After Care

Office # 402-397-0670

You May Experience

- Mild sore throat and some discomfort around your ear and/or underneath your jaw for a few days after the procedure
- A small amount of blood from your nose and/or throat

Instructions

- Pain control
 - Tylenol (acetaminophen) 500-650 mg every 6-8 hours and/or Motrin (ibuprofen) 400-600 mg every 6-8 hours as needed
- Sleep with your head elevated (multiple pillows or recliner) for the first 2-3 nights to reduce swelling
- Do not forcefully blow your nose or attempt to clear your ears (Valsalva maneuver) for 7 days after the procedure. We can discuss modified ear clearing starting at your post-op follow up.
- You can continue using nasal sprays (such as fluticasone and/or azelastine)
- Nasal saline rinses or saline spray can be used 2-3 times daily



