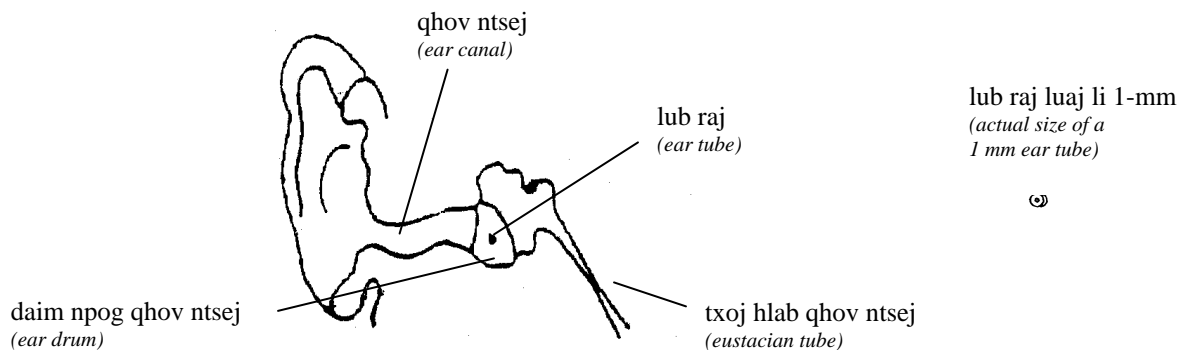


## Kev phais kho rau tog raj yas rau hauv pob ntseg kev tu nyob rau tom tsev (Hmong)

### Phais kho rau tog nraj yas rau hauv pob ntseg yog ab tsi?

Tus kws phais kho yuav tho ib lub qhov me me hauv lub qhov ntsej. Nws yuav nqus cov dej hauv lub raj tseg tawm thiab muab ib tug minyuam tog raj me me ntsaws cia rau ntawm lub qhov nws tho thiab kom pob ntseb txhob rov qab muaj dej dua.



### Yuav zoo li cas thaum kho tas?

- ua npaws mintsis (99° to 100° F, los yog 37.3° to 37.8° C)
- muaj kua dej (liab, ntshiab, los yog daj tsawv, los yog los ntshav) li 2 los yog 3 hnuv
- mob pob ntseg hnuv kho tas, los ntawm kev nruj ceev hauv qhov ntsej hloov, thiab hnov suab ub no nrov tshaj qub.

## Ear tube surgery: Care at home (English)

### What is ear tube surgery?

The surgeon makes a small hole in the eardrum. Fluid is removed from the middle ear and then a very small tube is inserted into the hole. This lets air into the middle ear space and prevents fluid from building up again.

### What can I expect after surgery?

- low fever (99° to 100° F, or 37.3° to 37.8° C)
- thin, watery drainage (pink, clear, or yellow in color, or may be bloody) for 2 or 3 days
- earache on the day of surgery, caused by pressure changes in the ear, and more sensitive hearing.

## **Kuv yuav tu kuv tus minyuam li cas?**

Nej tus kws phaiskho mam li sau ntawv xaj tshuaj zoo mob rau pob ntseg, thiab kuj yuav sau tshuaj nrog rau hauv pob ntseg thiab. Ua raws li kom daim ntawv tso mus tsev rau qhov muab npaum li cas, thiab ncu ntev li cas ho muab ib zaug.

Nyob rau ntawm koj tus minyuam lub hnoob nyoog thiab seb nws yuav ntub dej npaum cas, tej zaum kuj yuav tau siv lub ntsaws pob ntseg tej zaum kuj tsis toob kas. Tham nrog nej tus kws khomob txog qhov ua yuav tau siv los tsis siv lub ntsaws pob ntseg.

Thov ua kom raws nkaus li tej lus qhia nyob rau ntawm koj tus minyuam diam ntawv tso mus tsev.

## **Kuv tus minyuam yuav dhia ua si tau npaum cas?**

Dhia ua si li nws niaj hnuv ua los tus minyuam tog raj no yeej tsis poob.

## **Thaum twg kuv thiaj yuav tsum tau hu rau kws khomob?**

Hu yog koj pom tej cim tshwm li ua phaug:

- muaj kua fajsiv daj ntsuab tsawv tawm hauv pob ntseg los
- tsw phem hauv lub pob ntseg tuaj

## **Ab tsi thiab uas kuv yuav tsum paub?**

Txhob sib sib zog tshuab ntswg.

Caij nyab hoom tau vim tias tus tog raj hauv qhov ntsej yuav cais tau tej suab zoo kom txhob nruj.

## **How should I care for my child?**

Your surgeon will prescribe pain medicine for earache, and may prescribe ear drops. Follow your Discharge Instruction sheet for how much to give, and how often.

Depending on your child's age and type of water exposure, ear plugs may or may not be needed. Talk to your doctor about the possible need for ear plugs.

Please follow the specific instructions on your child's Discharge Instruction sheet.

## **How active can my child be?**

Regular activities will not dislodge the tubes.

## **When should I call the doctor?**

Call if you notice signs of an infection:

- yellow-green drainage from the ear
- bad smell from the ear

## **What else do I need to know?**

Avoid forceful nose blowing.

Airplane travel is all right because the ear tube equalizes the air pressure.

Cov tog raj rau hauv pob ntseg no, yuav tiv thaiv tsis tau kom txhob muaj mob pob ntseg hlo li. Tab sis yuav pab nej tus minyuam kom mob tsawg zaus thiab mob tsis heev

Tus tog raj hauv pob ntseg yuav poob tawm tom qab li 6 hli mus rau 2 xyoos. Thaum tus tog raj no poob lawm, feem ntau lub qhov hauv pob ntseg yuav nqawm tom qab li ib ob lim tiam tawv.

## Lus nug?

Daim ntawv no tsis cob coos rau koj tus minyuam nkaus xwb, tab sis yog muab xovxwm thoo plaws. Yog nej muaj lus nug dab tsi, hu rau kws khomob.

Rau tej ntaub ntawv nyeem ntxiv txog qhov no thiab lwm yam mob/kev noj qab haus huv, thov hu los yog mus saib ntawm Lub Chaw Loj Pab Tsev Neeg lub Chaw Cia Ntawv los yog mus saib peb qhov Web site: [www.childrensmn.org](http://www.childrensmn.org).

Ear tubes will not prevent all ear infections. But after surgery, your child's infections should be fewer and milder.

The ear tubes should fall out after 6 months to 2 years. When the tube comes out, the hole in the eardrum usually heals within a few weeks.

## Questions?

This sheet is not specific to your child but provides general information. If you have any questions, please call the doctor.

For more reading material about this and other health topics, please call or visit the Family Resource Center library, or visit our Web site: [www.childrensmn.org](http://www.childrensmn.org).

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