



## TPMG Ear, Nose and Throat Specialists

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### ADENOIDECTOMY - Discharge Instructions

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1. Eat soft foods for 72 hours.
2. Quiet activities for 72 hours. Afterwards you may resume normal activities.
3. You may take a shower or tub bath tomorrow.
4. Take Tylenol per label instructions as needed for pain. Avoid aspirin or aspirin products.

**Special instructions:** \_\_\_\_\_  
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**Notify doctor if:**

- Pain is not relieved by pain medication
- Temperature above 101°F
- Continuous nausea and vomiting