



TPMG Ear, Nose and Throat Specialists

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LARYNGOSCOPY/ENDOSCOPY - Discharge Instructions

1. Eat soft food for the next 72 hours. We recommend you start with something light for your first meal, such as soup. No alcohol beverages for 72 hours.
2. Rest quietly and limit activities for the next 24 hours.
3. No driving or operating hazardous machinery for at least 24 hours, or as long as you are taking narcotics.
4. You may shower today.
5. You may take Tylenol every 4 hours as needed for pain. If you need something stronger for pain, your doctor may prescribe a pain medication to be taken as directed.

Special instructions: _____

Notify doctor if:

- Pain is not relieved by pain medication
- Temperature above 101°F consistently
- Continuous nausea and vomiting
- Difficulty swallowing
- Difficulty breathing
- "Spitting up" bright, red blood