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**DISCHARGE INSTRUCTIONS FOR ADENOIDECTOMY**

- Encourage liquids on the first day, soft diet in the evening and regular diet beginning the second day.
- The patient should remain quiet for one week.
- Avoid nose blowing
- Take medications as prescribed by the surgeon. Be aware that some prescription pain medications may contain the same active ingredients as over-the-counter pain medications and should not be duplicated.

**WHAT TO REPORT TO YOUR PHYSICIAN:**

- Visible signs of bleeding from the nose
- Vomiting of bright red blood
- Temperature rising to 101 degrees after 2 or 3 days (slight fever of 99 to 100 degrees for 1 to 2 days is a common occurrence).

IN CASE OF EMERGENCY CALL 911  
TO REACH THE PROVIDER ON CALL DIAL 603-437-0805