

Adenoidectomy

Valley Regional Hospital

My surgery is on:

Date: _____

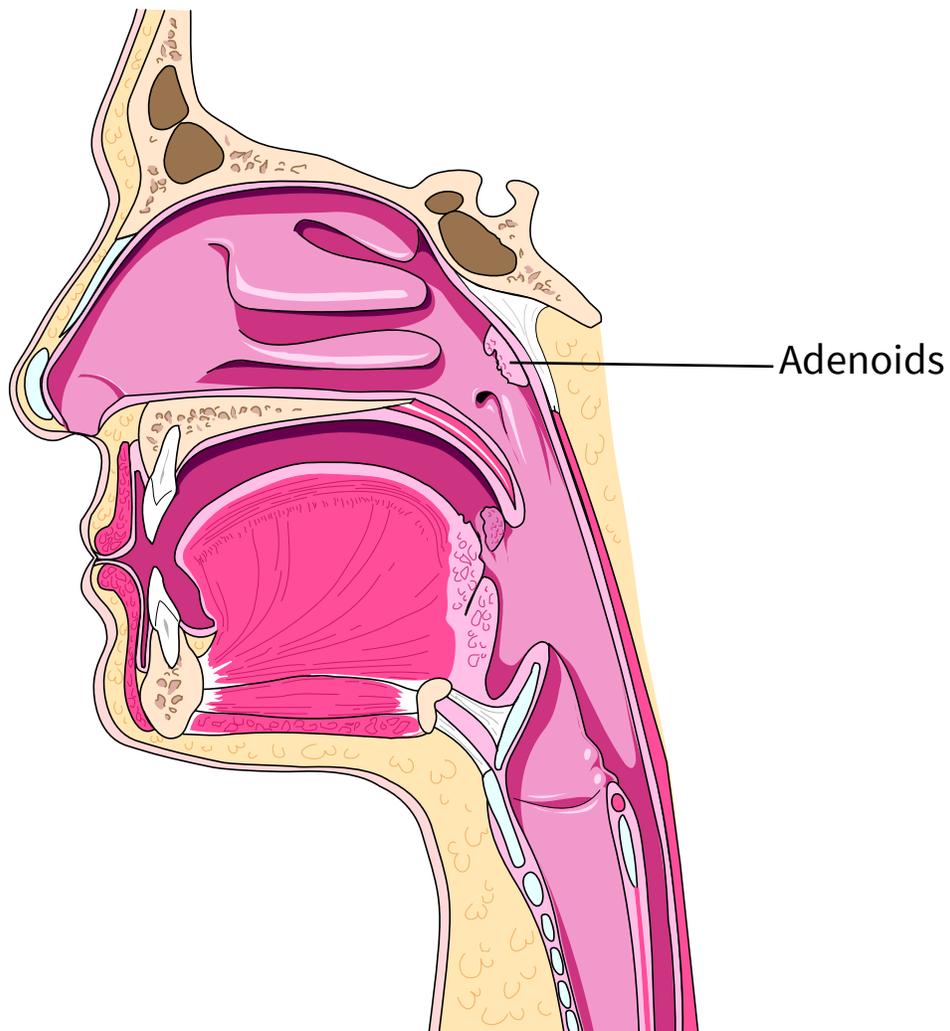
Time: _____



Adenoidectomy

What is an adenoidectomy?

- An adenoidectomy is surgery to take out your adenoids. The adenoids are like tonsils, but they are at the back of your nose. They are taken out through your mouth.



How long will I be in the hospital?

- For most people, this surgery is a **day surgery**. This means you can leave the hospital the same day as your surgery.
- **If you have moderate to severe (very bad) obstructive sleep apnea (OSA)**, you may need to stay in the hospital overnight so that we can monitor (check) your OSA.

As a day surgery patient you will:

- › come to the hospital on the day of your surgery.
- › have your surgery done in the Operating Room (O.R.).
- › leave the hospital after your surgery with a responsible adult who will take you home and help you for 24 hours (1 day), as needed.

Getting ready for surgery

- You may need tests before your surgery. This will depend on your general health and the type of surgery you are having. Staff will contact you to arrange for testing before surgery, if needed.
- **Plan to have a responsible adult drive you home and stay with you the first 48 hours (2 days) after your surgery.** This is for your safety.
- If you take medication, please talk with your surgeon before your surgery. They will tell you which medications to take before your surgery with a sip of water, and which ones to stop taking.
- Stock up on fluids like water, juice, Gatorade® or Powerade®, milkshakes, and soups.
- Have acetaminophen (Tylenol®) on hand.

Medications

For 14 days (2 weeks) before your surgery:

- **Do not** take any natural or herbal medications or products. These may cause more bleeding.



For 10 days before your surgery:

- **Do not** take ASA (acetylsalicylic acid, Aspirin®).

For 7 days (1 week) before your surgery:

- **Do not** take ibuprofen (Advil®, Motrin®).

It is OK to take acetaminophen (Tylenol®).

The night before your surgery

- Do not eat or drink anything after midnight the night before surgery.



The morning of your surgery

- You may take your medications as told by your surgeon with sips of water.
- You may brush your teeth.
- Follow any directions you were given at the Pre-Admissions Clinic (if you had an appointment there).
- Take off all make-up and jewelry before coming to the hospital.
- If you have long hair, pull it back with an elastic.
- We recommend that your face is clean shaven.
- Nova Scotia Health is smoke-free and scent-free. Please respect this policy. **Do not** use scented products (like perfume, after shave, scented hair spray).

Tell your surgeon if you:

- › Become sick (have diarrhea [loose, watery poop], vomiting [throwing up], nausea [upset stomach]) before your surgery
 - › Have a cough, cold, or fever (temperature above 38 °C or 100.4 °F)
- Give yourself plenty of time to find parking.

Bring with you on the day of your surgery:

- Provincial health (MSI) card
- Private medical insurance card (if you have one)
- All of your medications (including prescription and over-the-counter products, inhalers, creams, eye drops, patches, herbal products, vitamins, and supplements) in their original containers
- CPAP machine (if you use one)
- A container or bag for the ride home in case you vomit

My appointment

- Your surgery may be cancelled if you are late.
- If you are not able to keep your appointment, call the booking office as soon as possible:
 - › Phone: 902-679-2657, extension 2401
- Arrive 2 hours before your scheduled surgery time or at the time your surgeon's office told you.
 - › If your surgery is scheduled for 8 a.m., please arrive by 6:15 a.m.
- Go through the main entrance and register at Central Registration.
- Delays in the O.R. may cause a change in your surgery time. There is a chance that your surgery may be cancelled if there is an emergency. If this happens, your surgeon's office will call you to arrange a new date.

After surgery

After having general anesthetic (medication to put you to sleep during surgery):

- › You must have a responsible adult take you home.
 - › You must have a responsible adult stay with you and help you for the first 24 hours (1 day) after your surgery.
- **Do not** get up for the first time on your own. Ring for the nurse to help you. You may still be drowsy.
 - **Do not** smoke. Smoking slows the healing process.
 - It is normal to have bad breath for 7 to 10 days after surgery. This is caused by a scab behind your nose. It does **not** mean you have an infection.



Care after leaving the hospital

For the first 24 hours (1 day) after your surgery:

- **Do not** drive a car or operate heavy machinery.
- **Do not** sign any legal documents or important papers.
- **Do not** care for others, including children.
- It will take about 3 months to heal. To help you recover as quickly as possible:
 - › Manage your pain.
 - › Drink lots of fluids.
 - › Get lots of rest.



Pain

- It is normal to have ear and throat pain after your surgery. This may get worse for about 3 to 7 days. This is normal and is not usually a sign of a complication.
- Take your pain medication as directed. Check your dose (amount) carefully.
- The pain will get better after 7 to 10 days.
- If you have an upset stomach, you may take Gravol™. You may wish to take Gravol™ 30 minutes before taking your prescription pain medication.
- If you have an itchy skin rash, you may use an antihistamine (like Benadryl®, Claritin®, Reactine®, or Alerius®). Follow the package directions.
 - › It is best to take Benadryl® in the evening or at night, as it may cause drowsiness.
 - › If you are constipated (not able to poop), you can drink prune juice, eat dates, or use an over-the-counter medication (like, Senokot® or RestoraLAX®), or psyllium (Metamucil®).

- **If you have a fever for more than 3 days, go to the nearest Emergency Department right away.**
- **If you have very bad neck pain that does not go away even after taking Tylenol® AND you are vomiting bright red blood, go to the nearest Emergency Department right away.**

Medications

- You will be prescribed an antibiotic.
- Take Tylenol® with your regular medications. Follow the package directions. **Do not** take more than 4 grams (4000 mg) of Tylenol® a day.

- › Taking Tylenol® regularly will help your prescription pain medication work better and may lower the amount of prescription pain medication you need.
- **Unless your surgeon tells you it is OK, use caution or avoid taking:**
 - › Acetylsalicylic acid, also called ASA (Aspirin®)
 - › Ibuprofen (Advil®)
 - › Medications that have ASA or ibuprofenIf you have bleeding after surgery, these medications may make it worse.
- Your surgeon may give you a prescription for pain medication.
 - › **Do not** drink alcohol while taking pain medication.



Drinking and eating

- Drink as much as possible (at least 2 to 3 litres of fluid a day). **Do not** stop drinking even if it hurts. It may help to take lots of small sips.
- It is OK if you do not eat solid food for a few days, as long as you are drinking fluids (like smoothies, popsicles, freezies, yogurt, pudding, Jell-O®, ice cream, or soup).
- When you are ready, you can go back to your usual eating plan.

Activity

- Get enough rest, as needed.
- Take at least 1 week off work or school.
- **Do not** take a long trip unless you have talked about it with your surgeon.

For 1 week after your surgery:

- **Do not** exercise, take part in sports, dance, or do any strenuous (hard) activities.

Bleeding

- There is a chance of bleeding for up to 2 weeks after your surgery.
- After 1 week, you can expect a scab to come off, which may cause a bit of bleeding. You may notice fresh, red blood in your mouth, from your nose, or in your vomit.

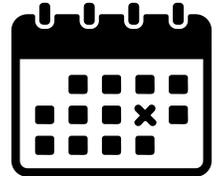
Go to the nearest Emergency Department right away if:

- › You spit up more than 1 Tbsp of fresh blood
- › Bleeding does not stop

- Bleeding is usually minor and stops without treatment, but you should be checked by a health care provider. Surgery is rarely needed to stop bleeding.

Follow-up

- You will get an appointment to see your surgeon 4 to 6 weeks after your surgery. Keep all of your follow-up appointments.



This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

Prepared by: Otolaryngology, Head and Neck Surgery, Valley Regional Hospital
Illustration by: LifeART Super Anatomy 1 Images, Copyright © 1994,
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