

## Adenoid surgery (adult)

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During surgery your adenoids will be removed. Adenoids are small lumps of tissue in the back of your throat. For a healthy recovery after surgery, please follow these instructions.

### **Pain**

- It is common to have some mild ear discomfort. You may also have a sore throat. These discomforts may last a few days, but should get better over time.
- Take acetaminophen (Tylenol®) or ibuprofen (Advil® or Motrin®) if needed.
- Sucking on ice chips or drinking cool fluids can help soothe a sore throat.
- Your surgeon may give you other prescription pain medication. Many medications, vitamins and supplements can cause bleeding. Do not take aspirin, or any other pain medications, or supplements and vitamins unless prescribed by your surgeon.

### **Activity**

- Rest for the remainder of the day.
- Do not drive or operate heavy machinery for 24 hours after surgery.
- Ask your surgeon when you can resume your usual activities. You may be able to go back to work within a week after surgery.
- No travel, sports, or strenuous physical activities for 1 week after your surgery.

### **Eating and drinking**

- Eat your normal diet and drink plenty of fluids.

## **CPAP**

- If you have obstructive sleep apnea and use CPAP, please speak with your surgeon about how to use it after surgery.

## **Mouth and nose care**

- It is common to have bad breath for a few days. Keep your mouth, teeth and tongue clean. Do not use mouthwash, as most contain alcohol.
- It is normal to have blood-tinged spit or secretions from your mouth or nose for the first 24 hours. Drinking fluids keeps these secretions thin and easy to clear.
- To clear mucus from the nose, use a saline nasal spray 3 or 4 times a day for about 2 weeks. Please ask your pharmacist about using a saline nasal spray.

## **Who can I call if I have questions?**

- Usually there is no follow-up appointment needed with the surgeon.
- If you have any questions, please contact your surgeon's office.
- For urgent questions after hours, please call the Otolaryngologist – Head & Neck (ENT) surgeon on-call at 905-521-5030.

## **When do I need to get medical help?**

### **Go to the Emergency Department if ANY of the following happen:**

- There is blood coming from your nose or mouth. Vomiting blood that is red or brown.
- You are passing less urine than usual (not peeing). You vomit more than 2 times. You may be dehydrated.
- You have a fever of 38.5°C (101.3°F) or higher.
- You have difficulty breathing.