

**Wentworth Health Partners Head & Neck Specialty Group of NH**

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Office Hours: Monday - Friday 8:00am - 5:00pm  
[www.headandnecknh.com](http://www.headandnecknh.com)

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## ADENOIDECTOMY

You have had an adenoidectomy. The adenoids are glands found at the back of the throat, between the throat and the nose. An adenoidectomy is surgery to remove the adenoid glands.

For the first three days, avoid acidic foods, since they may sting. Examples are tomato-based foods like spaghetti sauce and citrus foods like orange juice.

For the first week, all foods and liquids should be no warmer than body temperature (lukewarm) because heat can open up blood vessels and cause bleeding.

For the first week, baths and showers should be lukewarm, not steamy hot.

For the first week, heavy exercise, prolonged bending (no longer than it takes to pick one thing up off the floor), or lifting more than 20 pounds must be avoided because this raises the blood pressure to the head and can cause bleeding.

Vomiting up blood once after the surgery is normal because some blood is swallowed during the procedure. Please call the office if this occurs more than once, since it could mean that there is some bleeding down the back of the throat that is being swallowed without realizing it.