



**ENT**

**Associates**

Making sense of your family's  
hearing, sinus and throat problems

## **Tonsillectomy—Dietary Instructions (with or without Adenoidectomy)**

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### **General Guidelines**

- ◆ Avoid spicy and acidic foods/liquids, and citrus.
- ◆ Choose foods that are easy to chew and swallow for the first week after surgery.
- ◆ Soups, cereals and broth should be served warm, not hot.
- ◆ Avoid abrasive, crunchy food or food with hard edges, such as popcorn, crackers, potato chips and toast, for two weeks.

### **Day 1: Clear Liquids**

- ◆ Breakfast: Popsicles, plain jello, Italian ice, apple/grape juice, flat ginger ale/Sprite/7Up
- ◆ Lunch / Dinner: Warm broth, popsicles, plain jello, Italian ice, apple/grape juice, flat ginger ale/ Sprite/7Up

### **Day 2: Full Liquids**

- ◆ Breakfast: Milk, custard, egg nog, strained cereals, vegetable juices, fruit juices (non-citrus), jello, ice cream.
- ◆ Lunch / Dinner: Flat soda, warm broth, strained/creamed soups, milk shakes, smooth yogurt, puddings, sherbet

### **Day 3 and beyond: Soft Diet**

- ◆ Breakfast / Lunch / Dinner: Meat (baked, boiled, broiled roasted) or boneless fish, mild cheeses, cottage cheese, eggs (any style, but fried), soft breads, potatoes (avoid fried varieties), canned fruits (non-citrus), applesauce, vegetables (well-cooked; avoid raw or fried), rice, and pasta (avoid sauces initially.)

During office hours, please call **727-791-1368, Option 3**, to speak to a Medical Assistant if you have any questions.

# Tonsillectomy Dietary Instruction— Postoperative Instructions

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## **Clearwater**

Office: 727-441-3588

1330 South Fort Harrison • Clearwater, FL 33756

## **Countryside**

Office: 727-791-1368

3190 McMullen Booth Rd • Clearwater, FL 33761

## **Dunedin**

Office: 727-450-0560

646 Virginia Street, 3rd Floor • Dunedin, FL 34698

## **Facial Aesthetics Center**

Office: 727-446-FACE (3223)

1320 South Fort Harrison • Clearwater, FL, 33756

## **Largo**

Office: 727-397-8551

8787 Bryan Dairy Road, Suite 170 • Largo, FL 33777

## **Port Richey**

Office: 727-819-0368

11031 US 19, Suite 104 • Port Richey, FL 34668

## **St. Petersburg**

Office: 727-767-0933

6540 4th Street North, Suite C • St. Petersburg, FL 33702

## **Tampa**

Office: 813-925-5000

10810 Sheldon Road • Tampa, FL 33626

## **Trinity**

Office: 727-247-1234

11300 State Road 54, Suite 110 • Trinity, FL 34655



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