



ENT

Associates

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

Tonsillectomy—Dietary Instructions (with or without Adenoidectomy)

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

Clearwater

1330 South Fort Harrison
Clearwater, FL 33756

Facial Aesthetics Center

1320 South Fort Harrison
Clearwater, FL 33756

Spring Hill

120 Medical Blvd, Suite 105
Spring Hill, FL 34609

Tampa

10810 Sheldon Road
Tampa, FL 33626

Countryside

3190 McMullen Booth Road
Clearwater, FL 33761

Largo

8787 Bryan Dairy Road, Suite 170
Largo, FL 33777

St. Petersburg (4th)

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

Trinity

11320 State Road 54
Trinity, FL 34655

Dunedin

646 Virginia Street, 3rd Floor
Dunedin, FL 34698

Port Richey

11031 US 19, Suite 104
Port Richey, FL 34668

St. Petersburg (MLK)

501 Dr. MLK Jr. Street South
St. Petersburg, FL 33705