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.

SCAN ME

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