

## DIET FOR POST OPERATIVE PERIOD AFTER TONSILLECTOMY OR ADENOIDECTOMY

### Tonsillectomy and Adenoidectomy?

- Tonsillectomy is removal of the tonsils.
- Adenoidectomy is removal of the adenoids
- The two procedures are often done together

### What you can eat:

Clear bland liquids such as;

- Apple juice or white grape juice
- Gatorade
- Jell-O
- Kool-aid
- Popsicles
- Flat Pop/Soda (stir to remove bubbles)
- Water (use only if getting enough calories from other liquids or food)

### When patient starts to want food, add dairy and soft foods such as:

- Applesauce
- Cooked cereal, thinned with milk
- Ice cream
- Milk shakes (use a spoon, not a straw)
- Mashed potatoes
- Pudding
- Smooth yogurt

When the patient wants foods, ask yourself: “Is it easy to chew? Does it get very soft when chewed? Is it free of course, rough or crispy edges?” If the answer is yes, your child can probably eat it. (See the chart below on the other side for ideas)

Avoid citrus fruits and juices, such as orange juice and lemonade, as they may sting the patient's throat. Avoid foods that are hot in temperature or spicy hot and those that have rough edges.

Be sure to cut foods very small and chew them well. Continue the soft diet for 1-2 weeks after surgery.

**May Eat**

**Should Not Eat**

<ul style="list-style-type: none"> <li>● Soft bread</li> <li>● Soggy waffles or French toast (no crusts), soaked in syrup</li> <li>● Pancakes</li> <li>● Scrambled or poached eggs</li> </ul>	<ul style="list-style-type: none"> <li>● Toast</li> <li>● Crispy waffles</li> <li>● Fried foods</li> </ul>
<ul style="list-style-type: none"> <li>● Oatmeal, other creamy cereals</li> <li>● Soggy cold cereal (soaked in milk)</li> </ul>	<ul style="list-style-type: none"> <li>● Crunchy cold cereal</li> </ul>
<ul style="list-style-type: none"> <li>● Soup</li> <li>● Pasta, noodles</li> <li>● Spaghetti-O's</li> <li>● Macaroni and cheese</li> <li>● Hot dogs, hamburger</li> <li>● Tender, moist meat, chicken or fish</li> </ul>	<ul style="list-style-type: none"> <li>● Tough, dry meat, chicken or fish</li> </ul>
<ul style="list-style-type: none"> <li>● Milk</li> <li>● Custard, pudding</li> <li>● Ice cream</li> <li>● Malts, shakes</li> <li>● Yogurt (smooth)</li> <li>● Cottage cheese</li> </ul>	<ul style="list-style-type: none"> <li>● Cookies</li> <li>● Crackers</li> <li>● Pretzels</li> <li>● Chips</li> <li>● Popcorn</li> <li>● Nuts</li> </ul>
<p>Sandwiches (no crusts):</p> <ul style="list-style-type: none"> <li>● Smooth peanut butter and jelly</li> <li>● Processed cheese</li> <li>● Tuna</li> </ul>	<ul style="list-style-type: none"> <li>● Grilled cheese sandwiches</li> </ul>
<ul style="list-style-type: none"> <li>● Cooked vegetables</li> <li>● Mashed potatoes</li> </ul>	<ul style="list-style-type: none"> <li>● Raw vegetables</li> <li>● Tomatoes</li> </ul>

<ul style="list-style-type: none"><li>● Applesauce</li><li>● Bananas</li><li>● Canned fruits</li><li>● Watermelon without seeds</li></ul>	<ul style="list-style-type: none"><li>● Citrus fruits</li><li>● Most fresh fruits</li></ul>
<ul style="list-style-type: none"><li>● Juices (not citrus)</li><li>● Kool-aid</li><li>● Flat pop (no bubbles)</li><li>● Jell-O</li></ul>	<ul style="list-style-type: none"><li>● Citrus juices</li><li>● Pop with bubbles</li></ul>