



**Post-Tonsillectomy Diet**

Within the post-operative period following a tonsillectomy (day1-14), there is a risk of hemorrhage (bleeding) from the site where the tonsils were removed. The most important requirement for recovery is for the patient to drink plenty of fluids yet it is also crucial to maintain a diet of cool (room temperature or colder), soft foods for the entire two weeks following surgery. Although it may be tempting to resume a regular diet prior to the 14 day mark, Dr. Jungkeit recommends strict adherence to this diet. Some weight loss may occur post-operatively which is usually regained after a normal diet is resumed.

**Remember: Liquids and foods must be room temperature or colder**

**Liquids:**

- Water
- Apple juice
- Non-citrus juices without red dye
- Iced herbal tea
- Gatorade
- Pedialyte
- Vitamin water without red dye
- Popsicles without red dye
- Milk
- Chocolate milk
- Soymilk
- Smoothies
- Broth
- Ensure
- Pediasure

**Soft Foods:**

- Cream soups
- Pureed soups
- Yogurt
- Applesauce
- Over-cooked noodles
- Over-cooked macaroni and cheese
- Over-cooked oatmeal
- Scrambled eggs
- Refried beans
- Mashed potatoes
- Cream of wheat
- Jell-O without red dye
- Pudding
- Ice cream/sorbet
- Pureed cooked vegetables
- Pureed fruit

Avoid citrus (orange, lemon, lime, grapefruit) spicy or acidic foods (hot sauce, tomato products, mustard, vinegar) and carbonated drinks. **Do not eat foods that are rough or crunchy** (cold cereal, popcorn, chips, nuts, pretzels, bread, meats, etc).