Tonsil Diet

Diet Following Tonsillectomy, Child

Your child may have a sore throat for 2 to 3 days following removal of tonsils (*tonsillectomy*) or removal of tonsils and adenoids (*tonsillectomy and adenoidectomy or T & A*). During this time, a diet which is easier to swallow and is less irritating to the throat makes the recovery easier. The following are some general recommendations to follow during the first 5 days.

First day (the first 24 hours after surgery)

- Avoid hot or highly seasoned foods, hot liquids and citrus juices such as orange and tomato juices.
- A diet of clear liquids is easier to swallow and less irritating. Clear liquids that may be less irritating include: water, lukewarm chicken broth, lemon lime sodas that have been opened and allowed to lose the fizz, apple juice, frozen ice pops and ice chips.

Second day (After the first 24 hours, a soft diet is recommended)

Drink several glasses of water (lukewarm water is less irritating than cold). Add soft foods as desired. Good choices include: ice cream, cooked cereals, mashed potatoes, pureed vegetables, pasta with butter, puddings, warm soups, gelatin, yogurt, cottage cheese, soft-cooked or scrambled eggs, custards and ground beef in gravy or sauce. A soft diet should be continued through the 3rd day. Your child may benefit from liquid nutritional supplements like a liquid nutrition drink. Your caregiver can give you recommendations.

Third to fifth day

Gradually, resume feeding your child a normal diet. On the 4th and 5th day after surgery, your child may begin to eat the foods he or she would normally eat. Avoid hot foods, spicy or highly seasoned foods, potato chips, nuts, dry toast, pop corn and crackers until 1 to 2 weeks after surgery. Since your child is at the greatest risk for bleeding for 2 weeks after surgery, scratchy foods such as chips and raw vegetables should be avoided during this period.

HOME CARE INSTRUCTIONS

- Give all medications as directed for the full length of time directed.
- Children should be kept indoors and relatively quiet for the first 3 days after the procedure.
- A foul mouth odor is commonly noticed and is relieved by abundant fluid intake.
- A white or gray membrane on the sides of the throat is normal and should disappear in 1 to 2 weeks.
- Earache is expected. It is not an ear infection. It is referred from the throat.
- Neck stiffness may occur in children following adenoidectomy.
- Your child may return to school 1 week after the procedure.
- Only give your child pain medications recommended by their caregiver or surgeon.

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