Tonsil Diet

Diet Following Tonsillectomy, Adult

You 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 3 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 (if 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 soft food 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. You may benefit from a nutritional supplement like a liquid nutrition beverage. Your caregiver can give you recommendations. A soft diet should be continued through the 3rd day.
- Avoid food and drink that could cause irritation or pain. Avoid citrus juices and spicy foods until 10 days after surgery. Avoid roughly textured foods like potato chips, nuts, dry toast, popcorn and crackers until 10 to 14 days after surgery.
- Avoid taking aspirin. This pain-killing drug can worsen bleeding. Only take those painkillers recommended by your doctor or surgeon.

See your caregiver if you have any questions.

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