



## PROGRESSIVE DIET AFTER A TONSILLECTOMY

Your surgeon will advise you on how long he would like you to follow each of the following diets. Naturally readiness to progress to the soft diet varies with each person, so at that point "Advance as tolerated". **Remember not to use straws, but kiddie-cups are okay.**

### AFTER THE SURGERY, THE FIRST DAY - CLEAR LIQUIDS

#### (NO RED LIQUIDS!)

- Juices (No citrus juices such as orange, tomato, pineapple)
- Jell-O
- Kool-Aid
- Popsicle's (broken into small pieces)
- Clear Broth (**not hot or too salty!**)
- Fruit Ices

### DAYS TWO AND ON - FULL LIQUIDS/SOFT DIET

#### (IN ADDITION TO DAY ONE DIET)

#### Starches

- Rice
- Noodles
- Macaroni and Cheese
- Pancakes (soft)
- Cooked Cereal
- Soft Cereal (soaked in milk)

#### Proteins

- Slices of Lunch Meat
- Baked Fish (w/o breading)
- Cheese
- Eggs
- Smooth Peanut Butter

#### Dairy

- Milk
- Ice Cream
- Yogurt
- Pudding
- Custard

#### Vegetables/Fruits

- Cooked or Mashed White or Sweet Potatoes
- Cooked or Mashed Squash
- Cooked Asparagus
- Cooked Carrots
- Cooked Mushrooms
- Cooked Fruit (w/o peels or seeds)
- Bananas
- Applesauce
- Ripe Avocado

#### Miscellaneous

- Jelly (not red)
- Jell-o (not red)
- Honey
- Marshmallows
- Cool Whip

### AVOID FOODS WITH NUTS, SEEDS, PEELS, HARD EDGES, AND ANYTHING RED!

**CAUTION, DAY 10-18:** Even though you will be feeling much better, **CONTINUE to be cautious with your dietary intake. The scabs that are formed on your surgery surfaces are about to heal around second week, but any hard food scratching the throat, may cause heavy bleeding and may result with an emergency procedure. Continue with softer food choices at least 18 days following surgery, and avoid any foods that have hard edges such as pizza, hamburgers, fries etc.**