



Tonsillectomy Post-op Diet Sheet

Items to Avoid

- **Getting dehydrated (this is crucial!)**
- Citric Juices (orange, lemon, etc.)
- Milk products for the first week
- Carbonated drinks
- Sucking on straws, sippy cups, etc.
- Heavy lifting/straining
- Red colored juices/drinks
- Bread
- Anything hard, crunchy, or dry
- Too hot or too cold products

Suggestions

Drinks: Blue Gatorade, pedialyte, water, apple juice, or ensure

Foods: Sherbert ice cream, popsicles, jell-o, pudding (non-dairy)
Italian foods (ravioli, spaghetti (as long as it is moist))
Soups (not too hot)

DO NOT LEAVE TOWN FOR TWO WEEKS AFTER SURGERY.