

Soft Diet

After a tonsillectomy you will need to be on a soft food and liquid diet for 2 weeks in order to promote healing of the surgical site and avoid complications related to post-operative bleeding.

The first 24 to 48 hours after surgery it may be difficult to eat. It is okay if you are not able to eat even soft foods, as long as you are drinking plenty of fluids. After a day or two, try to introduce more soft foods.

If you find that it is uncomfortable to eat due to pain, try administering pain medication 20 minutes prior to serving meals. Keep in mind that pain meds on an empty stomach can cause nausea.

Be sure to **PUSH FLUIDS!** Dehydration is the leading cause of fever in post-operative cases.

RECOMMENDED FOODS:

- Scrambled eggs
- Oatmeal/cream of wheat
- Mashed potatoes
- Yogurt
- Popsicles
- Ice cream
- Soft mashed vegetables
- Canned tuna fish or canned chicken
- Fully cooked pasta
- Mac and cheese
- Soups/broths
- Pudding/jello

RECOMMENDED LIQUIDS:

- Clear liquids, such as apple juice and water
- Gatorade/Pedialyte
- Soda, such as sprite
- Black coffee or tea
- Popsicles
- Milkshakes- eat with a spoon and not through a straw to avoid strong suction which can cause bleeding.

AVOID:

- Food and drinks that have a high level of acidity (tomato, orange, lemon, limes) and spicy foods as they may sting and cause pain.
- Overly hot beverages or soups. Heat foods to just above room temperature.
- Foods with hard or sharp edges such as chips, crackers, pretzels, pizza, etc.
- Avoid dairy products if you have nausea and vomiting.

Remaining on the soft diet for the full 2 weeks is very important! Due to the limited food intake, potential for dehydration and pain medication regimen, many people experience constipation. This is normal and can usually be treated with over the counter medication. Feel free to contact our nursing staff during regular office hours at 806-791-0188 with any questions or concerns. If there is an emergency after hours, contact our call service at 806-454-7411.