

# Foods to Give Your Child After a Tonsillectomy or Adenoidectomy

## Tonsillectomy and Adenoidectomy

- Tonsillectomy is removal of the tonsils.
- Adenoidectomy is removal of the adenoids.

Tonsillectomy and adenoidectomy are often done together.

## After Visit Summary

Your child's health care team will work with you to understand any challenges you have after the hospital stay.

Please see your child's After Visit Summary for specific after care directions.

## What Your Child Can Eat

Give your child mild, bland clear liquids such as:

- apple juice or white grape juice
- Gatorade®
- Jell-O®
- Kool-aid®
- Popsicles®
- flat pop (stir to remove bubbles)
- water (use only if getting enough calories from other liquids or food).

If your child has an upset stomach, give small amounts often. **Note:** If your child vomits after drinking red liquids, the vomit will be red.

When your child wants food, add dairy and soft foods such as:

- applesauce
- cooked cereal, thinned with milk
- ice cream
- milk shakes (use a spoon, not a straw)
- mashed potatoes
- pudding
- smooth yogurt.

Liquids are more important than food.

When your child wants other foods, ask yourself: "Is it easy to chew? Does it get very soft when chewed? Is it free of coarse, rough or crispy edges?" If the answer is yes, your child can probably eat it. (See the chart on the other side for ideas.)

Avoid citrus fruits and juices, such as orange juice and lemonade, as they may sting your child's throat. Avoid foods that are hot in temperature or spicy hot and those that have rough edges.

Be sure to cut foods very small and encourage your child to chew them well. Continue the soft diet for 1 to 2 weeks after surgery.

**(over)**

May Eat	Should Not Eat
<ul style="list-style-type: none"> <li>■ soft bread</li> <li>■ soggy waffles or french toast (no crusts), soaked in syrup</li> <li>■ pancakes</li> <li>■ scrambled or poached eggs</li> </ul>	<ul style="list-style-type: none"> <li>■ toast</li> <li>■ crispy waffles</li> <li>■ fried foods</li> </ul>
<ul style="list-style-type: none"> <li>■ oatmeal, other creamy cereals</li> <li>■ soggy cold cereal (soaked in milk)</li> </ul>	<ul style="list-style-type: none"> <li>■ crunchy cold cereal</li> </ul>
<ul style="list-style-type: none"> <li>■ soup</li> <li>■ pasta, noodles</li> <li>■ Spaghetti-Os®</li> <li>■ macaroni and cheese</li> <li>■ hot dogs, hamburger</li> <li>■ tender, moist meat, chicken or fish</li> </ul>	<ul style="list-style-type: none"> <li>■ tough, dry meat, chicken or fish</li> </ul>
<ul style="list-style-type: none"> <li>■ milk</li> <li>■ custard, pudding</li> <li>■ ice cream</li> <li>■ malts, shakes</li> <li>■ yogurt (smooth)</li> <li>■ cottage cheese</li> </ul>	<ul style="list-style-type: none"> <li>■ cookies</li> <li>■ crackers</li> <li>■ pretzels</li> <li>■ chips</li> <li>■ popcorn</li> <li>■ nuts</li> </ul>
<p>sandwiches (no crusts):</p> <ul style="list-style-type: none"> <li>■ smooth peanut butter and jelly</li> <li>■ processed cheese</li> <li>■ tuna</li> </ul>	<ul style="list-style-type: none"> <li>■ grilled cheese sandwiches</li> </ul>
<ul style="list-style-type: none"> <li>■ cooked vegetables</li> <li>■ mashed potatoes</li> </ul>	<ul style="list-style-type: none"> <li>■ raw vegetables</li> <li>■ tomatoes</li> </ul>
<ul style="list-style-type: none"> <li>■ applesauce</li> <li>■ bananas</li> <li>■ canned fruits</li> <li>■ watermelon without seeds</li> </ul>	<ul style="list-style-type: none"> <li>■ citrus fruits</li> <li>■ most fresh fruits</li> </ul>
<ul style="list-style-type: none"> <li>■ juices (not citrus)</li> <li>■ Kool-aid®</li> <li>■ flat pop (no bubbles)</li> <li>■ Jell-O®</li> </ul>	<ul style="list-style-type: none"> <li>■ citrus juices</li> <li>■ pop with bubbles</li> </ul>