

What to Eat After the Tonsillectomy

Fluids, fluids, fluids! Patients must drink throughout the recovery process. Cool, sweet liquids or soft solids work best. Water, sports drinks, sorbets, apple juice, ice pops, bananas, pudding, pasta, etc. all tend to be well tolerated.

Even though you may have eaten ice cream after getting your tonsils removed as a child, it is not recommended immediately after surgery today. Dairy products tend to coat the throat, so in the first 24 hours after the procedure, fruit- or water-based treats are better for healing.

Be sure to avoid hard foods, crunchy foods, and spicy foods.



YES

- ✓ Fluids
- ✓ Cool liquids
- ✓ Soft solids
- ✓ Water
- ✓ Sports drinks
- ✓ Sorbet
- ✓ Apple juice
- ✓ Ice pops
- ✓ Bananas
- ✓ Pudding
- ✓ Pasta

NO

- Dairy products
- Hard foods
- Crunchy foods
- Spicy foods