



Jeremy P. Watkins, M.D.

John B. McIntyre, M.D.

Sean M. Callahan, M.D.

5751 Edwards Ranch Rd Fort Worth, Tx 76109 Phone: 817-332-8848 Fax: 817-335-2670

[www.fortworthent.net](http://www.fortworthent.net)

### POST-OP TONSILLECTOMY

**THE FOLLOWING ARE FOODS THAT YOU MAY FIND THE EASIEST TO EAT ON YOUR FIRST POST-OP DAY:**

Water	Gatorade	Kool-Aid	Juice
Tea	Coffee	Carbonated beverages	Tang
Milk	Popsicles	Fruit-Ice	Yogurt/Go-Gert's
Sherbet	Custard	Pudding	Ice Cream
Tapioca	Gelatin Desserts	Broth	Applesauce

**THE FOLLOWING ARE FOODS THAT YOU MAY FIND EASIER TO EAT ON YOUR SECOND DAY AND FOR THE FOLLOWING WEEK:**

Cream of wheat	Grits	Malt-O-Meal	Canned fruits	Creamed soup
Mashed potatoes	Baked potatoes	Cooked vegetables	Canned meats	Pinto Beans
Noodles	Cottage Cheese	Scrambled Eggs	Bananas	Rice
Hot Dogs	Pancakes	Vienna Sausages	Chicken Nuggets (microwaved)	Pasta's

**THE FOLLOWING ARE FOODS THAT YOU NEED TO AVOID FOR THE FIRST 10 DAYS AFTER SURGERY:**

Crackers	Chips	Pretzels	Tortilla chips	Cookies(hard)	Dried cereal
Spicy foods	Fish	Raw foods and vegetables	Nuts	Popcorn	Rice Cakes

- Yes, you can use a straw
- Yes, you can have milk products.
- There is a nurse on call 24/7, call 817-332-8848 if you have any questions or concerns.