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TONSILLECTOMY/UVULOPALATOPHARYNGOPLASTY **POST OP DIET**

Avoid using drinking straws after surgery; the sucking motion may increase the risk of bleeding.

Stage one:

Start with clear liquids. These include: soda, Gatorade, Pedialyte, tea, popsicles, mild juices (berry, white grape, pear, and apricot nectar), chicken and beef broth. If you have nausea, try ginger ale or ginger tea. The ginger helps with nausea.

Things to avoid: Citrus juice, orange, grape fruit, and cranberry.

Stage two:

Start full liquids. These include milk products. Ice cream, yogurt, sherbet, pudding, cream soups, Pediasure, hot cereals (example: cream of wheat and oatmeal), applesauce, cottage cheese, and any other items with the consistency of baby food.

Try adding Carnation Breakfast mix to these as a protein supplement.

Stage three:

Please follow a soft diet for the entire 14 days post surgery

Soft diet: A soft diet includes foods such as, mashed potatoes, macaroni and cheese, spaghettios, pastas, pancakes, rice, muffins, donuts, cooked vegetables, eggs. Anything in a can is usually soft enough. Ground meats and tuna are okay also.

Things to avoid for 14 days after surgery:

Nuts, crusty breads, peanut butter, chips, popcorn, pretzels, cheetos, spicy or tomato based foods that are acidic. Try to avoid any foods that might stain the back of the throat making bleeding difficult to see.