

# POSTOPERATIVE DIETARY SUGGESTIONS

It is important for the healing process to not skip meals! Eating a nutritious diet following surgery is important for healing and recovery. Do not use a straw or eat anything hard or crunchy for at least 24 hours after surgery. Use your best judgment, and call your surgical assistant if you have any questions. Geizel (919) 201-3045 or Karen (919) 621-2841.

For the first hour after surgery, cool and clear liquids are best:

• Water	• Soda/Sprite
• Tea	• Fruit Juice (no pulp)
• Gatorade	• Cooled Broth
• Ginger Ale	

If the patient is able to tolerate a bit more than liquids in the first hour after surgery, they may have some soft comfort foods:

• Applesauce	• Hummus
• Yogurt or Custard	• Jell-O
• Smoothies	• Ice Cream, Sherbet, Milk, Frozen Yogurt
• Mashed Bananas	• Milkshake, Protein Shake
• Mashed Avocado or Guacamole	• Pudding

After the first several hours, and into the next several days, you may include warm, soft foods that require minimal chewing:

- Vegetables (cooked and mashed)
- Pasta (cooked and soft)
- Soup
- Mashed Potatoes or Mashed Cauliflower
- Eggs (scrambled, quiche, poached)
- Broth (chicken, beef or vegetable)
- Baked or Refried beans
- Meatloaf or Meatballs (mashed)
- Casseroles (soft, well-cooked)
- Nut Butters (almond, cashew, peanut)
- Pancakes
- Oatmeal

This list is not all inclusive and is merely a suggestion for you. Please use your best judgement, and call your surgical assistant with any questions or concerns.

