

DIETARY SUGGESTIONS FOLLOWING SURGERY

Please keep in mind it is important to eat a soft diet for the first week after surgery. This does not always mean a liquid diet, but “mushy”.

The **first day** following surgery, cold/room temperature soft foods only such as:

- Anything put through a blender/food processor
- Cottage Cheese
- Jell-o
- Pudding
- Yogurt
- Applesauce
- Plain ice cream
- Milkshakes & Smoothies (DO NOT USE A STRAW)
- Protein drinks

The **second day** after surgery, you may introduce warmer “mushy” foods such as:

- Macaroni and cheese
- Broth or Creamed Soups
- Mashed potatoes
- Eggs any style
- Pastas
- Flaky fish
- Shredded meats
- Most steamed vegetables (i.e. Potatoes, Yams, Cauliflower, Squash, Green Beans, Carrots)
- Avocados
- Cheese
- Bananas
- Cream of wheat

DO NOT EAT:

- Nuts/Seeds/Berries (strawberries, raspberries, & chia/flax seeds)
- Chips, Pretzels, or Popcorn
- Hard Breads (sourdough, dutch crunch, etc.)

Things to remember:

- ✓ Avoid extremely hot foods and citrusy foods as they can irritate surgical site
- ✓ Chew on opposite side of surgical site
- ✓ Do not eat/drink with gauze in mouth
- ✓ Do not use a straw until you return to the Ueno Center for post-op evaluation