

After Surgery Menu

Soft Tissue Surgery Patients

- **First 24hrs-** Adequate nutrition is essential for normal healing. Following surgery, your diet should be restricted to COLD LIQUIDS. Dietary supplements such as Ensure or protein based shakes are good choices. AVOID PEROXIDE, ALCOHOL, CARBONATED BEVERAGES, AND DRINKING THROUGH A STRAW.
- **After 24 hrs-** Gradually progress to soft foods (i.e. cooked veggies, pastas) foods that are easily chewed and swallowed. DO NOT SKIP MEALS. If you take nourishment regularly you will feel better, gain strength, have less discomfort, and heal faster (Read surgical days 2-6 for additional soft foods)

Surgical Day One

- ONLY COLD LIQUIDS AND SOFT FOODS: Smoothies, ice cream, sherbet, yogurt, apple juice, jello, pudding, canned fruit, cottage cheese, protein shakes, popsicles, milk shakes, apple sauce, ensure, etc.

Surgical Days 2-6

Breakfast

- Oatmeal, instant breakfast, scrambled eggs, cream of wheat, grits, pudding, fruit salad with yogurt, cream cheese, cheese or vegetable egg omelet, breakfast cereal softened I mild, applesauce, fruit smoothies, protein shakes, custard, cream pies, bananas

Lunch

- Cooked soft, mashed, or pureed vegetables, chicken soup, tomato soup, vegetable soup, eggs, cottage cheese, cream of potato soup, baked beans, creamed corn, vegetable or beef broth, refried beans, baked fish fillets, avocados, mashed potatoes and gravy, canned tuna, tofu, yogurt, cream pies

Dinner

- Baked fish, skinless baked potato with sour cream/ cream cheese, cooked vegetables, meat loaf, pastas, stew, tofu, macaroni and cheese, eggs, lasagna, mashed sweet potatoes, cooked carrots

Drinks for the 1st week

- Plenty of water, apple juice, ensure, milk and iced tea

Avoid!

- Hard, spicy, crunchy, crispy, hot foods or acidic drinks: *orange juice, grapefruit, or grape juice*