

Post-Operative Dietary Guidelines

First 1–3 Days After Surgery:

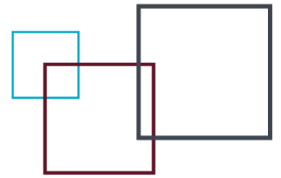
<p>✓ What You CAN Eat:</p> <p>Stick to <u>soft, cool, and non-irritating</u> foods:</p> <ul style="list-style-type: none"> • Ice cream or sorbet (no nuts or chewy mix-ins) • Smoothies (no seeds or chunks) • Applesauce • Mashed potatoes • Scrambled eggs • Yogurt (plain or without fruit chunks) • Protein shakes • Broths and blended soups (lukewarm or cold) <p>Tip: If you can, use the opposite side of your mouth when eating. Use a spoon instead of a straw to avoid suction pressure.</p>	<p>⊘ What to AVOID:</p> <ul style="list-style-type: none"> • Hot or spicy foods and drinks • Crunchy snacks (chips, pretzels, popcorn) • Seeds or small grains (chia, quinoa, sesame seeds, poppy seeds) • Sticky foods (caramels, gummy candy, chewing gum) • Alcohol • Drinking through a straw • Acidic foods and drinks (like citrus, tomato sauce, vinegar)
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4-7 Days After Surgery:

<p>✓ What You CAN Eat:</p> <p>You may begin to slowly incorporate more variety while keeping food soft:</p> <ul style="list-style-type: none"> • Soft pasta • Cooked, soft vegetables (squash, zucchini, potatoes) • Soft fruits (bananas, canned fruits, avocado) • Tender cooked meats (shredded chicken, ground turkey, ground beef) • Soft fish (white fish or salmon) • Pancakes • Cottage cheese or soft cheeses • Soft bread (no crusty edges) and muffins 	<p>⊘ What to AVOID:</p> <ul style="list-style-type: none"> • Tough meats or chewy foods (steak, jerky, bagels) • Raw vegetables or tough fruits (carrots, celery, apples, carrots) • Crunchy foods (nuts, granola, toast) • Sharp or pointy foods (tortilla chips, crackers) • Acidic, spicy, or heavily seasoned dishes • Drinking through a straw
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1-4 Weeks After Surgery:

<p>✓ Recommended Foods:</p> <p>As healing progresses, you can slowly return to a more normal diet, while continuing to be cautious and still avoiding anything too hard or sharp:</p> <ul style="list-style-type: none"> • Most cooked vegetables and fruits • Soft grains and pasta • Lean meats and poultry • Eggs, tofu, beans • Soft sandwiches (no crusty bread) • Soft snacks like muffins or banana bread 	<p>⊘ Avoid These Foods Until Fully Healed:</p> <ul style="list-style-type: none"> • Hard, crunchy snacks (chips, raw nuts, pretzels) • Seeds or small grains (chia, quinoa, sesame seeds, poppy seeds) • Hard crusts or chewy breads • Tough cuts of meat or chewy protein bars • Popcorn and seeds • Sticky candies or gum
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✓ Recommended Soft Foods:

Protein-rich options:

- Scrambled or soft-boiled eggs
- Greek yogurt (plain or low-sugar)
- Cottage cheese
- Soft tofu
- Smooth nut butters (like almond or peanut butter—without chunks)
- Protein shakes or smoothies (no straws—use a spoon or drink from a cup)

Fruits & vegetables (cooked, blended, or mashed):

- Mashed bananas or avocado
- Applesauce (unsweetened preferred)
- Mashed potatoes or sweet potatoes
- Cooked carrots, squash, or zucchini (soft and well-cooked)
- Vegetable purees or soups (lukewarm)

Grains & starches:

- Oatmeal or cream of wheat
- Well-cooked pasta (small shapes or mashed)
- Soft white rice or congee
- Pancakes or soft bread (no crusts, avoid toasted or seedy varieties)

Other:

- Broths and blended soups (lukewarm, not hot)
- Gelatin (Jell-O)
- Pudding or custard
- Ice cream or sorbet (not too cold or with chunks)

⊘ No:

- Straws
- Alcohol
- Smoking
- Chewing on the surgical side

⚠ Avoid:

- Anything crunchy, sticky, or hard (e.g., chips, nuts, popcorn, crusty bread)
- Seeds or small grains (chia, quinoa, sesame seeds, poppy seeds, rice)
- Foods that are hot in temperature
- Acidic, spicy, or highly seasoned dishes