

DIETARY GUIDELINES

What You CAN Eat:

1-3 Days After Surgery

Stick to soft, cool, and non-irritating foods.

- Ice cream and sorbet (no nuts or chewy mix-ins)
- Smoothies (no seeds or chunks)
- Applesauce
- Mashed potatoes
- Scrambled eggs
- Yogurt (plain or smooth, no granola or fruit chunks)
- Oatmeal
- Protein shakes
- Broths and blended soups (lukewarm or cold)
- Pudding and custards
- Gelatin (Jell-O)

Tip: If you can, use the opposite side of your mouth when eating. Use a spoon instead of a straw to avoid suction pressure.

4-7 Days After Surgery

You may begin to slowly incorporate more variety, but keep the foods soft.

- Soft pasta, such as mac and cheese or buttered noodles
- Cooked, soft vegetables (steamed carrots, zucchini, squash, sweet potatoes)
- Soft fruits (bananas, canned fruits, avocado)
- Tender cooked meats (ground turkey/beef/chicken, shredded chicken)
- Tofu
- Beans and lentils
- Soft fish (white fish and salmon)
- Pancakes and soft waffles
- Cottage cheese and soft cheeses

1-4 Weeks After Surgery

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.

- Most cooked vegetables and fruits
- Soft grains, pasta, and rice
- Lean meats and poultry
- Soft sandwiches (no crust or toasted bread)
 - Turkey, egg salad, tuna
- Muffins or banana bread
- Soft tortillas

What to AVOID Until Fully Healed:

Crunchy, Sharp, or Pointy Foods

- Chips (potato, tortilla, pita)
- Pretzels
- Popcorn
- Crackers
- Granola
- Nuts (almonds, peanuts, walnuts)

Foods with Seeds or Small Grains

- Chia, sesame, poppy seeds
- Quinoa
- Seeded breads
- Berries with small seeds (strawberries, raspberries)

Sticky Foods

- Caramels and Taffy
- Gummy candy
- Fruit snacks

Tough & Chewy Foods

- Steak
- Beef jerky
- Bagels
- Chewy protein bars
- Dried fruit (raisins, mango, apricots)

Hard or Crusty Breads

- Baguettes
- Bagels
- Toasted bread

Raw, Hard, or Fibrous Foods

- Raw vegetables (carrots, celery, broccoli)
- Hard fruits (apples, pears)

Spicy Foods

- Hot sauce
- Chili
- Spicy curries

Acidic Foods & Drinks

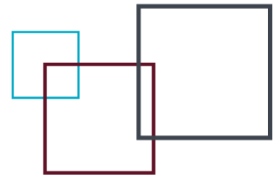
- Citrus (oranges, lemons, limes, grapefruit)
- Tomato-based sauces
- Vinegar and vinaigrettes

Hot Foods & Drinks

- Hot coffee or tea
- Hot Soups

Habits to Avoid

- Drinking through a straw
- Chewing on the surgical side



✔ 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)

⊘ NOs:

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