



## **Diet Plan after Surgery**

### **Day of surgery (first 24 hours)**

- Soft cold foods (yogurt, pudding, Jell-O, ice cream, applesauce)
- Milkshakes are okay, but use a spoon; no sucking through a straw until post op appointment has taken place.

### **Day after surgery until post-op appointment**

- Soft foods
- NO sharp crunchy foods, i.e., popcorn, potato chips, peanuts
- NO biting into anything; NO sandwiches, pizza, etc.
- Foods to eat:
  - ✓ scrambled eggs
  - ✓ mashed potatoes
  - ✓ meatloaf
  - ✓ spaghetti
  - ✓ pasta
  - ✓ soups
  - ✓ oatmeal
  - ✓ cottage cheese
  - ✓ canned chicken or tuna fish
  - ✓ baked potato
  - ✓ protein drinks
  - ✓ smoothies

Generally, eat food that may be chewed and swallowed in a couple of small knife and fork bites, and chew in the back of your mouth. Do not eat foods with steak or grilled chicken consistency.