



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 small knife and fork bites, and chew in the back of your mouth. Do not eat foods with steak or grilled chicken consistency.