

# **POST-OPERATIVE DIET TIPS**

## **DIET AFTER ORAL SURGERY MCLEAN VA**

### Introduction

Your mouth may have restricted movement after surgery, therefore you will not be able to chew a normal diet and must consume food that is in liquid or near-liquid state. This diet can be monotonous unless you make the effort to make it tasty, filling, and nutritious. Below, we offer you some ideas for preparing food that will ensure variety to your meals during your recovery.

### Frequent Meals & Snacking

Your body will process a liquid diet quickly, so you should have 6-7 small meals rather than 3 large meals. This will keep the hunger pangs away and help give you the essential nutrients you need.

### A Few Reminders

If it is hard to chew, do not push yourself. As the days go by, you will be able to introduce more solid foods. Do not eat anything spicy or hot for the first few days, as these kinds of foods promote bleeding. Also avoid seeds, which can get stuck in the surgical site. Lastly, if you are feeling nauseated, do not consume dairy until the nausea subsides.

### Simple and Quick Meal Ideas

#### **Smoothies**

Smoothies are a great way to get the vitamins and nutrients you need to recover. Feel free to substitute any of the ingredients below and get creative. Remember: do not use a straw! Sucking on a straw can cause the blood clot that has formed over the surgical site to dislodge, resulting in a dry socket.

#### **Greek Yogurt Berry Medley**

*1/2 cup strawberries, 1/2 cup raspberries, 1/2 cup blueberries, 1 banana, 1 cup yogurt, and your choice of milk (dairy or non-dairy)*

#### **Orange Dream Creamsicle**

*1 navel orange, 1/4 cup yogurt, 1/4 tsp vanilla extract, orange juice, and ice*

#### **Chocolate Peanut Butter Protein**

*2 tbsp all-natural peanut butter, 1 scoop chocolate protein powder, 1 banana, 1 cup choice of milk, and ice*

#### **Tropical Green**

*1 cup yogurt, 1 cup pineapple chunks, 1/2 cup mango chunks, 2-3 handfuls of fresh spinach, and your choice of milk*

### **Avocado-Pear**

*1 avocado, 1 cup pear juice, 1 tbsp honey, 1/4 tsp vanilla extract, and ice*

### **Ensure Shakes**

*You can find these at your local supermarket or CVS*

### **Breakfast Options**

#### **Scrambled Eggs**

*You can add a soft cheese like ricotta or goat cheese*

#### **Greek Yogurt**

*With honey and/or fruit puree*

#### **Pancakes**

*Add cinnamon or some kind of smooth nut butter to make you feel fuller. To avoid excess sugar, which can promote the growth of bacteria, use fruit puree rather than syrup.*

#### **Cream of Wheat**

*With pumpkin puree and cinnamon*

### **Lunch and Dinner Options**

Another simple and great way to get the nutrients you need is by adding fresh vegetables and some kind of protein to pre-made soups and blending them together. Remember: make sure the soup is lukewarm and not hot in order to prevent bleeding.

#### **Chicken Noodle Soup**

*Add cooked chicken, carrots, celery, and spinach*

#### **Potato Leek Soup**

*Add potato and celery*

#### **Chicken Tortilla Soup**

*Add cooked chicken, tomato, and avocado (avoid crunchy tortilla chips)*

### **Other Lunch and Dinner Options**

**Mashed Potatoes**

*Use regular potatoes or sweet potatoes*

**Pasta**

*Make sure it is not linguini or any other kind of pasta that requires you to slurp*

**Cauliflower Mash**

*Add carrots for extra flavor and vitamin C*

**Mushy beans or peas****Snack Options****Apple Sauce****Jell-O****Pudding****Custard****Ice-cream or Sorbet****Avocado****Cottage Cheese**