

SUGGESTIONS FOR POST OPERATIVE FOODS

\*\*\*\*\*FIRST 24 HOURS\*\*\*\*\*

COLD AND SOFT ONLY

ICE CREAM  
YOGURT  
MILKSHAKES  
PUDDING  
JELLO  
BLENDED FRUIT SMOOTHIES  
APPLESAUCE  
BANANAS  
BOOST NUTRITIONAL DRINKS  
COTTAGE CHEESE \* EGG SALAD \* PASTA SALAD \* POTATO SALAD

\*\*\*\*\*AFTER 24 HOURS\*\*\*\*\*

WARM AND SOFT

OATMEAL  
SCRAMBLED EGGS  
POTATOES  
PASTA AND SPAGHETTI  
RICE DISHES AND CASSEROLES  
CHICKEN POT PIES  
SOUPS  
FISH (NOT FRIED)  
SOFT, COOKED VEGETABLES

\*\*\*\*\*AVOID\*\*\*\*\*

HARD, CRUNCHY, CHEWY FOODS  
BREADS (THEY MAY BECOME STUCK ON SURGERY AREA)  
PIZZA  
CHIPS  
TACOS  
POPCORN  
NUTS AND SEEDS  
HARD, STICKY CANDIES AND GUM