

POST OPERATIVE FOOD SUGGESTIONS

Soft foods should be eaten at meal times, if possible. Meals may have to be eaten five to six times daily in small portions.

Remember, it's best to eat foods that are lukewarm for the first 24 hours as food and drinks that are too hot can make surgery sites bleed.

It is best to avoid crunchy, hard foods like popcorn, nuts and chips for up two weeks following surgery.

Pancakes

Mashed Potatoes & Gravy

Chicken Noodle Soup or Any Noodle Soup & Saltines

Tomato Soup & Saltines

Macaroni & Cheese

Pasta & Butter

Oatmeal or Cream of Wheat

Scrambled Eggs & Biscuit

Spaghetti's

Ravioli

Chop Suey

Shepherd's Pie

Basic Polenta

Smooth Hummus

Cottage Cheese or Soft Cheeses

Blueberry Muffin

Smoothies

Apple sauce

Pudding/Chocolate Avocado Mousse

Ice Cream/Sherbet/Gelato

Shakes

Yogurt