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
- Spaghettio’s
- Ravioli
- Chop Suey
- Shephard’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