



FOOD LIST:

Patients who are well prepared for their surgery usually have a smoother recovery. We advise the patient to plan ahead and buy some soft food items prior to surgery. The following are examples of soft food items:

- ✓ **Hearty Soups (cream of asparagus, le ntil, minestrone, split pea)**
- ✓ **Juice (cranberry, apple, grape) avoid citrus juice for a few days**
- ✓ **Herbal Tea**
- ✓ **Jell-O**
- ✓ **Yogurt (soft or frozen)**
- ✓ **Cottage Cheese**
- ✓ **Pudding/Custard**
- ✓ **Soft Fruit (banana, papaya, berries, canned peaches or pears)**
- ✓ **Applesauce**
- ✓ **Popsicles**
- ✓ **Ice Cream & Milkshakes**
- ✓ **Fresh Cooked Vegetables**
- ✓ **Fruit Smoothies/Protein Shakes**
- ✓ **Oatmeal/Cream of Wheat**
- ✓ **Eggs (scrambled, soft boiled, omelettes, egg salad)**
- ✓ **Mashed Potatoes**
- ✓ **Rice, Risotto**
- ✓ **Tofu**
- ✓ **Pasta (plain or with sauce)**
- ✓ **Fish (soft white fish, sole, trout, snapper)**

Please avoid the following foods the first 7 days after surgery:

- ✓ **Spicy Foods**
- ✓ **Foods that are difficult to chew**
- ✓ **Popcorn & Chips (avoid for a month)**
- ✓ **French bread loafs and Baguettes**
- ✓ **Alcoholic Beverages**

On the day of surgery, begin with clear fluids (juice, broth, tea, Jell-O) and progress slowly to more substantial foods. Remember, it is important to maintain nutrition for optimal healing to occur.

Be sure to rest and take it easy for the first few days; rent a few movies (comedies) and have a relaxing recovery!