

## PATIENT INFORMATION: POST-OPERATIVE INSTRUCTIONS WHAT SHOULD I EAT?

After surgery, you should eat nourishing, easy to swallow fluids and soft foods. This will promote healing and lessen irritation of your throat. You may need to follow this soft, easy to swallow diet for one to two weeks while your throat heals. Here are some general guidelines:

1. Play it safe – stick to cool fluids for the first few days after your surgery. Hot temperatures may promote bleeding. Cool fluids include: Juice, Jell-o products, popsicles, non-cola soft drinks, milk, yogurt, milk shakes, ice cream, custard, pudding and nutritional supplements such as Ensure, Boost or Carnation Instant Breakfast.
2. Emphasize fluids – drink as many cool drinks as you can. Chewing gum can also stimulate saliva which keeps the throat moist.
3. Choose soft moist foods – eat/drink only foods that are easy to swallow. Start with fluids. Add soft textured solids when your throat feels better. If necessary, puree foods in the blender or use baby foods. Using a blender: Add some liquid to the blender before adding solid food. Process 1 cup of solid food at a time. Use pureed food right away or refrigerate up to 24 hours or freeze up to 2 months.
4. Eat or drink often in small portions – eat or drink 8 or more times per day.
5. Avoid foods that cause you pain – they may include:
  - Acidic foods such as citrus fruits and juices (fruit nectars such as peach or pear may be less irritating); any foods with tomatoes; foods made with vinegar, colas
  - Alcohol
  - Spicy foods
  - Salty foods
  - Hard or crunchy foods
  - Dry foods (crackers, toast)
6. Think “Nutrition”. Good nutrition promotes healing and helps prevent infection. Here are some tips to ensure a good intake:
  - Drink/eat often throughout the day to prevent rapid weight loss which can hinder healing.
  - Include plenty of protein foods and fluids; ie. Dairy products, meat, fish, poultry and eggs.
  - Nutritional supplements such as Ensure, Boost, Carnation Instant Breakfast provide a convenient source of energy and protein.
  - Eat/drink nutritious foods first. Don't rely solely on low calorie foods such as clear soups, broth, tea, coffee and Jello-o.
7. If you are diabetic:

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- Continue taking your diabetic medication unless told otherwise by your doctor.
- When taking fluids only, drink liquids which contain starch or sugar every 1-2 hours to prevent your blood sugar from dropping too low.
- Sugar free drinks such as diet pop, broth, diet Jell-O may be used to provide extra fluids.
- When taking soft solid foods, space meals 4-7 hours apart with snacks in between.
- Monitor your blood sugar and call your doctor if you have any concerns.

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# SOFT, EASY TO SWALLOW FOODS

## MEAL AND SNACK IDEAS:

### GRAINS

- Cooked cereal made with milk instead of water
- Noodle or rice soup\*
- Pasta with cream sauce
- Macaroni and cheese
- Cake or cookies softened in milk

### FRUITS/VEGETABLES

- Soft fresh or canned fruit\*
- Baby fruit
- Applesauce
- Non-acidic fruit juice
- Fruit nectar
- Extra moist mashed vegetables such as potatoes, squash or carrots

### MILK PRODUCTS

- Milk, chocolate milk
- Custard; egg or cornstarch
- Pudding; canned or instant
- Ice cream or sherbet
- Yogurt
- Cream soup made with added skim milk powder
- Milkshakes and other drinks made in the blender
- Grated cheese added to soup, mashed vegetables or eggs
- Cottage cheese\*

### MEAT AND ALTERNATIVES

- Soft cooked eggs, omelet, soufflé or quiche
- Egg salad (no onions)
- Pureed meat with gravy or added to soup
- Blenderized meat or chicken soup
- Soft casseroles such as shepherd's pie, chicken a la king, soft stew\*
- Canned baked beans or chunky soup\*

\* Blenderized if necessary

## RECIPES:

### FORTIFIED MILK

25 mL (1 cup) Powdered Skim Milk  
1 litre (4 cups) fluid milk  
Mix well and chill. Use instead of regular milk in cream soups, puddings, on cereal or in mashed potatoes

### SUPER SHAKE

1 envelope Carnation Instant Breakfast  
1 ½ cups cold milk  
½ cup ice cream  
¼ cup skim milk powder

### JELL-O CREAM

Instead of cold water, add ice cream yogurt or milk to Jell-O powder dissolved in hot water

### PEACH NOG \*\*

30 mL (2 tbsp) skim milk powder  
1 small ripe peach (peeled) OR  
125 mL (1/2 cup) canned sliced peaches,  
sugar or sweetener to taste  
250 mL 91 cup) milk

### ELEPHANT'S JUG\*\*

250 mL (1 cup) milk  
50 mL (1/4 cup) smooth peanut butter  
1 ripe banana  
Sugar or sweetener to taste

### ENSURE FRUIT DRINK\*\*

250 mL (1 cup) Ensure  
Banana or canned peaches or apricots, etc.

### SUPER SOUP\*\*

250 mL (1 cup) cream soup  
50 g (2 oz) cooked meat or poultry or baby  
meat  
30 mL (2 tbsp) skim milk powder

\*\* Blend in blender until smooth. Note: if you have lactose intolerance, use soy milk, Lactaid milk, Ensure or Boost instead of regular milk.

Resource: *Queensway-Carleton Hospital.*

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