

Food Recommendations for Post Surgery

Stick to very soft foods immediately following surgery. Avoid chewing until your numbness has gone away. Eat foods that can be easily squashed between your fingers. Avoid anything crunchy or hard that could press down on the surgical site, causing damage.

Shakes and smoothies

Yogurt

Jell-O

Pasta

Eggs and egg based dishes

Fish, cut in small pieces

Tuna or chicken salad

Cottage cheese or Ricotta cheese

Soups or Stews

Bananas and soft fruits without lots of seeds

Soft cooked grains: Rice, Quinoa, etc.

Casseroles

Soft breads

Fortified drinks: Ensure/Slimfast/Muscle Milk/etc.

Oatmeal

Mashed potatoes / Sweet potatoes

Beans in salads, soups, dips

Hummus

Steamed vegetables

Tofu