

# Dietary Recommendations Following Surgery

## General Guidelines

- Start with clear liquids immediately after surgery, if permitted by your healthcare provider.
- Gradually progress to a full liquid diet and then to soft foods as tolerated.
- Eat small, frequent meals throughout the day.
- Drink plenty of fluids to stay hydrated, unless otherwise instructed.

## Recommended Foods

- Clear broths and soups
- Gelatin, clear juices, and herbal teas
- Yogurt, pudding, and applesauce
- Soft-cooked vegetables
- Lean proteins such as eggs, chicken, and fish (soft and well-cooked)
- Oatmeal, cream of wheat, and mashed potatoes
- Bananas, avocados, and other soft fruits

## Foods to Avoid

- Fried, fatty, or spicy foods
- Raw vegetables and fruits with skins
- Whole grains and seeds immediately post-surgery
- Carbonated and caffeinated beverages
- Alcoholic beverages
- Foods that are tough or hard to chew

## Tips for Recovery

- Chew food slowly and thoroughly.
- Avoid drinking large amounts of liquid with meals.
- Monitor for any food intolerances or allergic reactions.
- Follow any specific recommendations given by your surgeon or dietitian.

## When to Contact Your Healthcare Provider

- Persistent nausea, vomiting, or diarrhea
- Difficulty swallowing or chewing
- Signs of dehydration
- Unexpected pain or swelling