

# Diet advised after surgical/minor procedures

## General information

- Food should be soft, well cooked and moist
- Food should require minimal/no chewing
- Food should be mashed free of all hard lumps
- Avoid multi-textured foods, for example: soups with pieces etc.
- Avoid foods of dry, crumbly textures (as these cannot be easily mashed).

## Acceptable breakfast

- ✓ Mashed Weetabix with soaked up milk
- ✓ Porridge
- ✓ Scramble eggs
- ✓ Smooth yoghurt
- ✓ Mashed preserved fruit (e.g. stewed apples, tinned peaches)
- ✓ Mashed soft fresh fruits (e.g. banana, ripe pears).

## Avoid

- x Dry crunchy cereals (e.g. cornflakes)
- x Toast, hard crusty rolls
- x Crunchy fruits (e.g. apples)
- x Bread
- x Yoghurt with fruit pieces.

## Acceptable lunch/dinner

- ✓ Blended/strained soup
- ✓ Well cooked, mashed vegetables (e.g. broccoli, potatoes, carrots)
- ✓ Corned beef
- ✓ Steamed fish with/without extra sauce
- ✓ Cauliflower cheese
- ✓ Mashed baked beans
- ✓ Quiches with soft filling, without the crusts
- ✓ Chopped up tinned spaghetti in tomato sauce/  
tinned macaroni cheese

- ✓ Mashed inside of a baked potato with cheese
- ✓ Scrambled egg
- ✓ Instant mashed potato (you can add cheese)
- ✓ Corned beef hash (if very soft).

### Avoid

- x Vegetables with husks or strings (e.g. sweet corn, beans)
- x Salad
- x Roasted potatoes/ vegetables
- x Battered or fried fish
- x Grilled or fried meats
- x Stewed meat unless it is so soft that it 'melts in the mouth'
- x Pastries
- x Pies with pastry crust
- x Bacon/sausages.

## Snacks and desserts

- ✓ Smooth yoghurt, blancmange, mousse, instant whip custard, baked custard
- ✓ Rice pudding, tapioca or sago
- ✓ Moist steamed puddings
- ✓ Stewed, tinned or soft fresh fruit
- ✓ Ice-cream
- ✓ Blended fruit drinks
- ✓ Smooth dips (e.g. hummus, avocado).

### Avoid

- x Sweets
- x Nuts
- x Crumbly biscuits, crumbly cakes
- x Puddings that are dry or have fruit pieces
- x Pastries
- x Decorations (e.g. flaked almonds, coconut, crumble).

## More information or groups that can help with this are as follows;

- Cancer Research
- Mouth Cancer Foundation
- 'Brenda's easy to swallow cookbook'. This is a great way to find easy to cook recipes for after oral cancer surgery.

If you have any further problems or feel that you need some further advice, please contact us. We have a member of our team on at all times so please call **01273 696955 on Ext. 4067** (before 8am or after 5pm please call our switch number **01273 696955** and ask for the Maxillofacial SHO on call).

## Questions and answers

### Q: What would happen if I don't eat the recommended soft foods?

A: You have to remember that this is recommended advice. This advice sheet is recommended for patients who will have trouble eating hard foods after a surgical procedure. The consistency of your food should be discussed with your consultant when you have your follow up appointments. Eating hard foods will be uncomfortable and difficult to swallow due to swelling. The procedure that you have had done takes time to heal and settle.

If you do not understand this leaflet, we can arrange for an interpreter.

إذا كنت لا تستطيع فهم محتويات هذه النشرة فبإمكاننا عمل الترتيبات لتوفير مترجم شفوي لك.

এই প্রচারপুস্তিকাটি যদি আপনি বুঝতে না পারেন, তবে আপনার জন্য আমরা একজন অনুবাদকের ব্যবস্থা করে দিতে পারি

如你不明白本單張的內容，我們可安排口譯員服務。

如你不明白本傳單的內容，我們可安排口譯員服務。

اگر مندرجات این جزوه را نمیفهمید، ما می‌توانیم مترجم در اختیارتان بگذاریم.

Jeśli masz trudności w zrozumieniu tej ulotki, możemy zorganizować tłumacza.

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Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

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