

# Meal Ideas for Post Jaw Surgery

## KEEPING HEALTHY

To keep your body healthy and prevent loss of muscle mass during your recovery, it is recommended that you eat a variety of foods.

**Each day** you should aim to eat foods from all the food groups and you should be eating enough food to satisfy your hunger.

As eating may be difficult you will likely be eating less food than before surgery. This will mean that you will be lacking in calories and vitamins and minerals which can lead to deficiencies in the long term (e.g. Iron deficiency anaemia).

To prevent weight loss and muscle loss you should choose high-energy and protein foods, plus

- Eat small frequent meals
- Boost the energy in your meals and snacks by adding the extra:
  1. Margarine, butter, oil, gravy, cream, mayonnaise, grated cheese, smooth peanut butter, hazelnut spread.
  2. Sugar, honey, syrup, ice cream.
- Boost the protein in your meals by adding: Eggs, cheese, milk, ice cream, yoghurt, moist pureed meat, pureed chicken or fish
- Choose full fat protein products (not diet or low fat) unless you are recommended to reduce your weight by your local doctor.
- Monitor your weight and notify your doctor if your weight drops by more than 3-5kg.



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To assist healing after jaw surgery it is recommended that you eat foods that require a minimal amount of chewing for approximately 4 to 6 weeks. However it is important to maintain a balanced diet whilst recovering from your surgery.

After the surgery your jaw is tender and to prevent strain on the surgery area you need to rest the jaw and chew minimally.



## ***FOODS TO SELECT WHILE HEALING***

As a general principle choose soft moist foods and avoid dry crunchy foods.

Tip: If using a blender or stick blender to puree foods, make sure you add extra sauce or gravy to keep it moist.

### ***Food groups***

#### **PROTEIN:**

- Scrambled, Poached and boiled eggs
- Very soft and moist pureed cooked meats
- Well mashed beans and legumes

#### **DAIRY:**

- Milk
- Ice-Cream and Frozen yoghurt
- Melted Cheese
- Ricotta and cottage cheese

#### **BREAD AND CEREALS:**

- Porridge
- Weetbix or other cereal soaked well in milk
- Very soft well cooked small pasta (e.g. Small Macaroni)
- Very soft well cooked rice (Risotto, Rice Pudding)

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## VEGETABLES:

- Pureed soft cooked vegetables
- Finely mashed soft cooked vegetables

## FRUIT:

- Pureed fruit
- Mashed banana
- Stewed and mashed soft fruit (Peaches & Apples)
- Mashed avocado
- Mashed tinned fruit

## *Sample Meal Ideas:*

### BREAKFAST:

- Porridge, Weetbix, Weeties Vita Brits softened with warm milk
- Very moist scrambled eggs
- Mashed stewed fruit
- Fruit smoothies, Milk shake or Up & Go

### LUNCH AND DINNERS:

- Pureed canned or homemade soups with meat, vegetables, canned legumes or cooked split peas or pasta
- Pureed casseroles or stews
- Very moist steamed fish with mashed/pureed vegetables

### SNACKS:

- Custards, yoghurt, creamed rice and other dairy desserts
- Pureed fruit-canned, stewed, soft fresh fruit
- Jelly, mousse, crème caramel
- Cheesecake without crust
- Milk drink, Milo, smoothies, milkshakes, Up & Go
- Nutritional supplements drinks
- Sustagen
- Ensure



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## *Sample Drink Ideas:*

### **BREAKFAST:**

- 250ml flavored milk or soy beverage
- 100ml of fruit juice or vegetable juice

### **LUNCH:**

- Broth or thin puree soup
- 200ml of drinking yoghurt or fruit juice

### **MID AFTERNOON:**

- 250ml flavored milk or soy beverage

### **DINNER:**

- Broth

### **SUPPER:**

- 250ml flavored milk or soy beverage

## *Tips for getting fluids in:*

- Use a thick straw
- Use a small syringe
- Use a sports drink bottle or a sauce bottle to gently squeeze fluids into your mouth

You will need to persist with small amounts of fluid at regular intervals (i.e. Every 20mins) to ensure your fluid intake is enough. Aim for 2L per day.

