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## POST OPERATIVE RECOVERY PERIOD--

Food suggestions ----

- ❑ Drink at least 5 to 6 glasses of water in the daily in the days before and following your surgery. To help prevent dehydration, increase your fluid intake one to two days prior to your surgery.
- ❑ Do not eat hot food during the first 2-hours following your surgery. You will be unable to feel any temperature until the anesthetic has worn off.
- ❑ Avoid hot liquids for at least 24 hours following surgery.
- ❑ The first 48-hours you should eat food items that can be eaten off a spoon without chewing.
  - ❑ Examples:
    - Jell-O, pudding
    - Yogurt
    - Cottage cheese
    - Ice cream
    - Milk shakes, smoothies (NO straw)
    - Soups
    - Mashed potatoes
    - Cream of wheat, oatmeal, any cooked cereal
    - Protein/meal replacement shakes and/or drinks (i.e. Ensure)
- ❑ After the first 48-hours, you may want to try eating the following foods, and continue eating them for the next few days. This is in addition to the items suggested for the first 48-hours.
  - ❑ Examples:
    - Pasta\*, salad or casserole, with tuna
    - Spaghetti\* with meat sauce
    - Macaroni\* and cheese
    - Pancakes
    - Scrambled or boiled eggs
    - Stewed chicken
    - Broiled fish
  - \*you may choose to overcook the pasta to make them softer
- ❑ You may eat any foods tolerated after 4 days of post-operative recovery.
- ❑ Avoid food items that have hulls, small seeds, (i.e. popcorn and nuts), or foods that can crumble (i.e. cookies chips, crackers).