



SLEEP SURGERY JAW SURGERY DIET

- Patients who are well prepared for their surgery usually have a smooth and uneventful recovery
- It is important to maintain your nutrition for optimal healing to occur. It is recommended to have a supply of foods listed below. Drink only clear liquids after your surgery, (cranberry juice, broth, ice chips, jell-o). The next day slowly progress as tolerated to soft, nutritious foods.
- Rest and good nutrition will be essential for healing and recovery. Use this opportunity to catch up on your reading, watching movies or other relaxing activities.

GENERAL CONSIDERATIONS

Following jaw surgery, it is important to have sufficient fluid intake. This means drinking approximately two quarts of liquids each day. Your mouth will be swollen and initially water, tea, juice, bouillon, tomato or cream-based soups may be easiest to tolerate. You may progress to thicker foods such as eggnog, shakes or packaged liquid meals.

Use a blender to liquefy meals, which will allow for more menu variations. Examples are pureed soups and stews; however, avoid stringy meats and vegetables. Also, avoid bits of nuts, meats, coconut and scrambled eggs, since they are difficult to rinse from the mouth.

A nutritional diet is important to promote healing. Your diet should contain sources of protein, vitamins and minerals as well as foods from the four food groups: meat, dairy, grains, fruits and vegetables. Use protein supplements, liquid vitamins, brewers yeast, bananas and smooth peanut butter. Consider frequent meals, five or six throughout the day.

Small amounts of coffee and black tea are allowed, since caffeine causes a diuretic effect. Minimize the intake of carbonated beverages, because they cause discomfort to the mouth.

Mouth and teeth care is important. Rinse your mouth with mouthwash or warm water after each meal and before brushing. Use a baby or child size toothbrush to gently clean your teeth.

RECOMMENDED FOODS

Bouillon, juices (cranberry, grape, vegetable; avoid citrus juice), herb tea, popsicles, yogurt (soft, frozen), cottage cheese, pudding, custard, Jell-O, applesauce and soft fruits (banana, papaya, mango, canned pears and peaches), ice cream, milk shakes/ energy blends/ protein shakes, hearty soups (cream of mushroom, cream of asparagus, lentil), farina, oat meal, cream of wheat, eggs (scrambled, soft boiled, poached, egg salad, omelets), mashed potatoes, rice, risotto, noodles, pasta (plain or with sauces), soft white fish (sole, trout, snapper)

FOODS TO AVOID DURING THE FIRST 2 WEEKS AFTER YOUR SURGERY

DAILY NUTRITIONAL REQUIREMENTS

The recommended average caloric intake for females 15-50 years old is 2,000-2,100 calories per day and for males 15-50 years old is 2,700-3,000 calories per day. However, this will vary according to weight and height. Include the four food groups in the daily meal plan.

- Meats, poultry and fish- 2 to 5 servings per day. Serving size 3-4 ounces.
- Fruits and vegetables- 4 or more servings per day. Serving size ½ cup.



- Whole grains/ breads and cereals- 4 servings per day. Serving size ½ cup.
- Dairy products- 2 or more servings per day. Serving size 1 cup.

NUTRITIONAL ADDITIVES

- Wheat germ is a vegetable protein high in vitamins B, E and phosphorus. Add 2 tablespoons to blended drinks and soups. It is available in health food stores.
- Brewers yeast is an excellent source of B vitamins and protein. Add 1-2 teaspoons to blended drinks and soups. It is available in health food stores.
- Non-fat dry milk powder is a good source of calcium, riboflavin and is low in calories. Add 1-3 tablespoons to mild drinks, cream soups cooked cereals and egg dishes.
- Bran and bran flakes are good sources of fiber. Add 1-3 tablespoons per day to fruit juices, yogurt, soups, cereals and egg dishes.

NUTRITIONAL SOURCES

Protein	Vitamin B Complex	Vitamin A
Brewer's yeast Cheese Eggs Fish Meat Poultry Wheat germ	Avocado Banana Dried beans Meat (especially organ meats) Milk and milk products Mushrooms Whole grain breads & cereals	Cantaloupes & peaches Carrots Liver Milk Sweet potatoes Tomatoes
Vitamin c	Iron	Calcium
Berries Cantaloupe Grapefruit Kiwi Lemon Orange Tomatoes	Dried beans Eggs Green leafy vegetables Meat prunes Raisins Salmon	Eggs Dairy foods Oats Salmon

SUBSTITUTION SUGGESTIONS

If you are concerned about gaining weight

- Substitute low fat or skin milk for whole milk.
- Add low fat powdered milk to drinks and soups.
- Add fresh fruit to low fat plain flavored yogurt.
- Use low fat cheeses.
- Drink sugar free drinks and juices.



If you are concerned about maintaining your weight or adding calories to your diet Use Whole milk, creamed soups, add smooth style peanut butter to drinks, drink eggnog or add ice cream to drinks.

SAMPLE MEALS

Fruit and Bran Drink

Combine in blender until smooth:

% cup orange juice

% cup apple juice

% cup bran flakes

2 tablespoons wheat germ

% cup plain yogurt

Provides 220 calories, 13 gm. protein, 3 gm. fat
96 gm. carbohydrate.

Cinnamon Eggnog

Combine in blender until smooth:

1 cup milk

1 egg

% teaspoon cinnamon

% banana- optional

If made with whole milk: 240 calories, 15 gm. protein,
14 gm. fat, 12 gm. carbohydrate.

Yogurt Berry Smoothie

Combine in blender until smooth:

% cup plain yogurt

% cup strawberries (fresh or frozen)

% cup pineapple juice

Provides 124 calories, 4gm. protein, 4.3 gm. fat
17.3 gm. carbohydrate.

Cream of Wheat

Prepare one serving as directed on package.

Pour into blender and add:

% banana

Thin with milk and blend until smooth

If made with whole milk: 206 calories, 3.5 gm
protein,

.3 gm. Fat, 52.6 gm. carbohydrate.

If made with skim milk: 122 calories, 2.8 gm. protein,
.1gm. fat, 42.5 gm carbohydrate.

Chicken Broccoli

Soup 1 cup chicken broth

% cup broccoli, cooked

1 tablespoon plain yogurt or sour cream

1 teaspoon flour

Heat yogurt or sour cream and flour in
saucepan.

Stir until smooth. Add broth and continue to
heat. Thin with broth or milk.

Provides 66 calories, 6 gm. protein, 5 gm. fat,
3 gm. carbohydrate

Peanut Butter Milk

Combine in blender until smooth:

1 cup milk

1 tablespoon smooth peanut butter

% cup non fat dry milk powder

1 tablespoon honey or brown sugar

Provides 366 calories, 7 gm. protein, 6 gm. fat,

Avoid for 1 month all spicy/acidic/citrus foods, difficult or hard to chew foods, popcorn/chips,/nuts and alcoholic beverages.