

High-Nutrition Post-Surgery Diet

Nutrition is important for proper healing after surgery. Keep your diet high in protein and healthy fats to support wound healing. Adequate fiber from fruits and vegetables are important for gut health and helps avoid side effects of medication. Below are suggestions for additions to your diet after surgery.

Protein Sources

Eggs: Scrambled, poached, or omelets.

Dairy: Greek yogurt, cottage cheese

Meats/Fish: Pureed chicken, turkey, salmon, tuna (in water, blended with broth/sauce).

Legumes: Smooth hummus, blended beans (lentils, refried).

Fruits & Vegetables

Smoothies: Blended with protein powder, nut butter, yogurt, or milk, jell-o/pudding

Purees: Applesauce, mashed banana, avocado, blended squash, carrots, sweet potatoes.

Cooked: Soft, skinless fruits (peaches, pears), well-cooked veggies (potatoes without skin)

Grains & Starches

Warm Cereals: Cream of wheat, oatmeal, cream of rice

Soft Grains: Well-cooked rice, pasta, macaroni & cheese, mashed potatoes

Breads: Soft white bread (crusts removed), pancakes/waffles

Drinks, Dessert and More

Drinks: Milk, milkshakes, protein shakes, broth, V8 juice, meal replacement shakes.

Desserts: Pudding, gelatin, ice cream, sherbet (smooth), milkshakes, smoothies.

Add healthy fats: Blend avocado, smooth nut butter, or olive oil into soups .

Add protein powder to oatmeal, yogurt, milk, or smoothies.

Consider probiotic supplements or fermented foods like sauerkraut, kimchi, and high fiber goods like oatmeal to minimize antibiotic side effects.

Common Foods to AVOID following surgery that may irritate the surgical site, cause discomfort, or delay healing not limited to but may include:

Crunchy/Chewy Snacks like chips, crackers, popcorn, pretzels, chewy/sticky candy, nuts.

Spicy, or sour or heavily seasoned foods

Tough Meats or excessively chewy foods.

Hot temperature beverages/food until 24 hours following your procedure.



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