

Diet at Home

For the first three weeks after surgery, you will be on a full liquid or blended diet. For protein, you may eat cottage cheese, yogurt, sliced cheese, cheese dishes, eggs and egg dishes. After three weeks you may carefully eat meats that are ground or very thinly sliced after cooking. You may also eat canned fruits and vegetables, baked potatoes without the skin, mashed potatoes, rice, macaroni, noodles, crackers and cooked or ready-to-eat non-bran cereals.

If you are tolerating the foods listed above during the first four or five weeks after surgery, you may want to experiment with some more foods. Well-cooked meats, raw fruits, raw vegetables and even salads may be tried (as long as the lettuce is shredded or chopped).

When starting a new food, eat only a bite or two the first time. Remember to chew well. Never swallow anything that is not chewed completely. Spit out the food if it cannot be completely chewed.