

Patients who are well prepared for their surgery usually have a smoother recovery. We advise the patient to plan ahead and purchase soft food items prior to surgery. The following are examples of soft food items:

- Soup
- Juice (cranberry, apple, grape) avoid citrus juice for a few days
- Broth
- Jell-O
- Yogurt (soft or frozen)
- Cottage Cheese
- Pudding
- Soft Fruit (banana, papaya, berries, canned peaches or pears)
- Applesauce
- Popsicles
- Ice Cream, Milkshakes – **NO STRAWS**
- Fresh Cooked Vegetables
- Fruit Smoothies/Protein Shakes – avoid any seeds (chia, etc.)
- Oatmeal/Cream of Wheat
- Eggs (scrambled, soft boiled, omelets, egg salad)
- Mashed Potatoes
- Pasta (plain or with sauce)

Please avoid the following foods the first 7 days after surgery:

- Spicy Foods
- Acidic Juices (tomato, orange juice)
- Foods that are difficult to chew
- Popcorn & Chips (avoid for 2 weeks)
- French bread loafs and Baguettes
- Alcoholic Beverages

On the day of surgery, begin with clear fluids (juice, broth, tea, Jell-O) and progress slowly to more substantial foods. Remember, it is important to maintain nutrition for optimal healing to occur. Be sure to rest and take it easy for the first few days and call us at 423-541-5700 with any questions or concerns.