

Your Jaw Surgery

Diet Sheet

After your surgery it is important you eat well as healing requires good nutrition. Please see the following advice:

0-2 weeks after Surgery

- Swelling, restricted opening, discomfort, numbness of lips and mouth will make eating difficult for the first couple of weeks.
- You will need to start with a liquidised diet and drink plenty of fluids.
- It is better to eat little and often rather than 3 meals a day.
- It will take longer to finish a meal and you will get tired and frustrated.
- Have 5 or 6 liquid meals a day and drink plenty.
- Food can be liquidised using a blender or mashed finely.
- Try to add nourishing fluids to your foods rather than water as this dilutes the nutritional value of your food.
- You may find using a small plastic spoon easier and more comfortable at first. Drink using a straw if it is easier, or a sports bottle with a spout.

Suitable Foods

0-2 weeks after surgery

Liquidised food

Porridge

Pureed meats in gravy

Oat based cereal

Fish in sauce

Potatoes

Milk

Cooked Vegetables

Cream

Soft Fruits	Custard
Smoothies	Rice pudding
Soups	Yoghurts
Supplement drinks	Milkshakes

2-4 weeks after Surgery

You will now progress to a soft diet and gradually over 4 to 6 weeks return to your normal foods.

- After a week or two you will have better movement of your mouth, lips and jaws and the swelling will be reducing.
- You will be able to progress to a soft diet and start using a small fork and drink from a normal cup.
- Aim to drink 8-10 glasses of fluid a day.
- Some patients may find they have constipation. A good intake of fluids and fibre will help with this.
- Sources of fibre: Wholemeal foods, pasta, fruit, vegetables, beans and pulses.

Suitable Foods

2-4 weeks after surgery

As previous table but mashed not liquidised

Pasta	Minced meat
Scrambled eggs	Tuna with mayonnaise
Lentils and pulses	Mashed vegetables
Soft fruit	Grated cheddar cheese
Cooked Vegetables	

Please see your Orthodontist or your Surgeon if you are unsure about any of the above points or have any further questions.

Please also take a note of the contact details for your department during normal working hours and in an emergency so that you can make contact easily.