



CENTREPOINT
ORAL & FACIAL SURGERY

Post-Surgery Menu Guide



Day 1 + 2

Foods that are semi-liquid OR thick liquids that can be easily swallowed without much chewing or no chewing at all depending on your surgery appointment.

Consider smaller meals, 4-6 times per day vs three large meals.

IT IS IMPORTANT NOT TO SKIP MEALS. If you eat or drink regularly and maintain your calories, you will feel better, maintain strength, have less discomfort and you will also heal faster.

GOOD OPTIONS

Jell-O

Ice Cream

Pudding

Apple Sauce

Yogurt

Brothy Soups

Cottage Cheese

Protein Shakes

Pudding



Day 3+

Add food that can be easily cut up with a fork and easy to chew. Avoid food that needs to be excessively chewed such as steaks, pork chops, etc.

AVOID crunchy foods such as chips, popcorn, nuts and seeds for at least 4 weeks.

GOOD OPTIONS

Scrambled Eggs

Mashed Potatoes

Soft Over-cooked

Bananas

Pancakes

Pastas/Noodles

Avocados

Well-cooked Veggies

Soft Fish, etc.

Oatmeal

Ground Meats

Please contact us at 604 558 4476 with any questions.