

After Surgery Diet

Please read carefully and follow these guidelines specifically as they are designed to assist you during your recovery (including the first 1 hour after your surgery and for the next 7-10 days).



FIRST 30 MIN – 1 HOUR AFTER IV SEDATION

Clear liquid intake only (e.g. Apple Juice, 7-UP, Gatorade, Water, etc.).



FIRST 2 DAYS FOLLOWING SURGERY

If you are tolerating clear fluids and are not feeling nauseous, start to introduce thicker liquids such as protein shakes, milkshakes, smoothies, yogurt, ice cream, soup broths, etc. Follow this regime for the first 2 days following surgery. Then advance your diet to purées, scrambled eggs, overcooked pastas, mashed potatoes, noodles, etc.



FOODS TO AVOID UP TO 2–3 WEEKS

Do NOT chew with the back teeth as food will get lodged in the surgical site(s). Do NOT eat any nuts, seeds, rice or small vegetables during the recovery phase, as these foods are small and have the potential to lodge in the surgical site(s), and may cause infection. We suggest abstaining from these foods until after your sutures have dissolved and your surgical site(s) have healed. This can take up to 2–3 weeks. Further diet recommendations can be made at your follow-up appointment.



THE ULTIMATE SHAKE

It is important to adequately supply your body with nutrients. We understand that eating can be challenging, so we have included a recipe for the following protein shake that will supply you with protein, fibre, complex carbs, minerals and vitamins, all essential for the healing and repair of your tissues as well as supplying the nutrients required for energy and life.

Centrepoint's Ultimate Shake!

1 Scoop Isolate Whey Protein Powder (we suggest vanilla)

¼ Cup Steel Cut Oats (not cooked)

1 Banana

1 Cup Yogurt

½ tsp Ice Cream



Please contact us at 604 558 4476 with any questions.