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**Smooth Puree Diet
Post orthognathic (Jaw)
surgery**

Name: _____

Dietitian: _____

Contact: _____

Date: _____

Why do I need a Smooth Puree Diet?

Your doctor has recommended a pureed diet and Normal fluids to help you eat safely post surgery. It is important you follow this diet for the recommended period advised by your doctor (usually up to 6 weeks).

The aims of this diet sheet are:

- To help you choose and prepare the correct foods and drinks for safe eating.
- To ensure that you meet your dietary needs for energy, protein, vitamins and minerals.
- Most importantly to help you enjoy your food.

A healthy diet is important for everyone as it helps your body fight infection, keep you strong and prevent you feeling tired or run down.

Features of this diet

- The food in this diet should be **moist, smooth** and **lump free**.
- You will need to **avoid textured foods** i.e. lumpy, pulpy, chunky, coarse, dry, crunchy, sticky, stringy and chewy foods.
- Your puree should be able to hold its shape enough to eat with a **spoon** or a **fork** and can be moulded, layered or piped.
- You should **not need to chew** food of this consistency.



Drinking

Following surgery there is usually some numbness in the upper and lower lips. When combined with facial swelling and soreness due to the incisions inside the mouth, a task as simple as drinking may prove to be somewhat difficult.

1. Attempt to drink from a cup if possible. Some fluid may spill while drinking. Drinking will get much easier as your mouth heals. Please avoid drinking with a straw as this will cause unnecessary intra oral pressure.
2. Pour a small amount of liquid into a cup. Place a towel underneath your chin. Tip your head back slightly and attempt to open your mouth a small amount while slowly pouring in the fluid, until it becomes easier to drink normally.
3. If necessary take the cup away from your mouth and use a slight finger pressure to place your lips together and swallow. Again this will become easier in a day or two.
4. If a cup is simply not working well, you may try a sports-type squeeze bottle to squirt the fluid into your mouth.
5. Avoid milk products for up to two days post surgery as these can be difficult to clear initially. Your dietitian will advise on suitable alternatives.
6. Avoid fizzy drinks for the first three weeks post surgery.

Eating

Initially it will be difficult to eat adequate amounts of food in your traditional three meals a day.

1. Eat little and often. Preparing pureed meals means adding gravy or sauces, and therefore eating less solid foods, also you are not be able to eat certain foods which are important for energy such as bread. Eating small frequent meals and snacks and taking nourishing drinks and supplements will ensure that you meet your dietary needs.
2. Try to eating little and often, i.e. 5-6 smaller meals per day.
3. Don't skip meals or wait until you are hungry – try to establish a regular meal pattern.
4. Ensure all food is of a smooth consistency. You will need to strain your meals and certain foods such as yoghurt to remove skins, pips and seeds.

5. Avoid crumbly or dry foods such as biscuits, crackers, bread, and cake.
6. 'Fortify' your diet. Adding sugar, butter, cream, milk, grated cheese, milk powder where ever possible will give your food extra energy and protein which is particularly important if you have lost weight or eating less than usual.
7. Avoid low fat or diet products.
8. Include a protein rich food: meat, fish, cheese, poultry, eggs or pulses at least twice per day.
9. Dairy products such as milk, milk pudding and yoghurt are good sources of energy and protein.
10. Include fruit and vegetables to give you vital vitamins and prevent constipation. Fruit can be taken as smoothies, stewed fruit, or pureed fruit, and pureed vegetables or homemade vegetable soup with your meals is good ways to include vegetables.
11. Do not replace meals with soup.
12. If you have a sore mouth or throat avoid spices, very hot or very cold foods, citrus fruits or fruit juices as they may inflame. Alcohol or very salty foods or drinks may cause irritation.
13. You will need to take nutritional supplements and your Dietitian will advise on the most suitable supplement for you.

How to prepare your food

- Use a **food processor or blender** to puree your food, adding **extra liquid** to bring food to a smooth consistency.
- **Blend each food separately** to make food more appealing.
- A **strainer** or **sieve** can be used to remove any lumps, seeds, skins, husks and pips (e.g. yoghurts, fruit juice, pureed peas or beans).
- Use ice-cream **scoops** or **piping** utensils to improve the presentation of your food.
- Use a **variety of colourful foods** to compensate for the lack of variety in texture and **season** with herbs and marinades to improve the flavour.
- Ask your Dietitian about **commercially prepared pureed meals**, which are available from some food providers and can be delivered to your home.



What about fluids?

- Fluid is important to prevent constipation and dehydration and promote wound healing.
- Taking adequate amounts of fluid is essential for healing following surgery.

To make sure your smooth puree diet is adequate to meet your nutritional requirements you should try to include foods from each of the following groups in your diet every day.

Cereals, potatoes, rice and pasta

- These foods provide energy, B-vitamins and fibre.
- Aim to have foods from this group **at each of your main meals**.
- Use hot milk, cream or cheese sauces to puree.



✓ Suitable foods

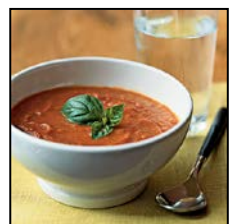
- Lump-free cooked cereal (e.g. pureed porridge, Readybrek)
- Mashed potato (lump-free)
- Pureed pasta and rice

X Foods to avoid

- Un-pureed porridge, coarse cereals or those containing dried fruit/ nuts e.g. muesli, bran
- Lumpy potato
- All bread, crackers & biscuits

Fruits and vegetables

- These provide vitamins (particularly A and C), minerals and fibre (which are essential to prevent constipation).
- Aim to eat some food from this group **every day**.
- Chop vegetables into small pieces and cook until very soft.
- Remove skin from fruit and chop into small pieces before pureeing
- Use fruit/ vegetable juice, milk or cream to puree.



✓ Suitable foods

- Soft/ stewed/ tinned fruit (pureed and strained)
- Well-mashed, ripe banana
- Fruit Juice (no pulp)
- Vegetable soup* (strained)

X Foods to avoid

- Dried fruits e.g. raisins
- Foods with hard skin or food with fibrous pith (e.g. celery, spinach, oranges)

Meat, poultry, fish, eggs & pulses (e.g. beans, peas, lentils)

- These foods provide protein, which is essential for cell growth, repair and immunity. They are also important sources of minerals such as Iron.
- Aim to have food from this group at least **twice daily**.
- Remove the fat, skin and bones and **cook meats until tender** (over-cooked meat can be stringy and tough). Use gravy, stock or white sauce to puree.
- **Remove all bones from fish** and flake into sauce before pureeing.



☒ Suitable foods

- Pureed meat/chicken/fish
- Pureed scrambled egg
- Smooth soufflés and mousses
E.g. salmon mousse
- Pureed beans/ peas (ensure no husks in final puree)
- Hummus; Soft tofu (silken)

X Foods to avoid

- Whole or minced meats
- Boiled/ fried/ scrambled eggs
- Peanut butter (unless pureed into food)

Milk, cheese & yoghurts

- These foods provide protein, vitamins and minerals, especially Calcium which is essential for maintaining bone health.
- Aim to have at least **three portions daily**.



☒ Suitable foods

- Smooth yoghurt (strained, no lumps)
- Smooth cheese pastes (e.g. Ricotta)
- Milk and milkshakes
- Milk-style puddings (smooth)

X Foods to avoid

- Yoghurts with pips/ seeds/ nuts
- All solid & semi-solid cheese including cottage cheese (unless pureed into food)

Getting enough nourishment on a smooth puree diet

There may be times when you find it difficult to eat enough food to meet your body's nutritional requirements. The following tips will help to ensure you get enough to eat to help you restore energy and maintain a healthy weight.

Eat “little & often”

- Choose small portions at mealtimes and include a few snacks throughout the day
- ***Suitable sweet snack ideas:***
 - Smooth yoghurts
 - Milky desserts e.g. *Angel Delight* or *Instant Whip*
 - Smooth, milky rice puddings or Semolina
 - Smooth, pureed fruit with custard or cream.
 - Jelly & ice-cream
 - Custard
 - Fruit or chocolate mousse
- ***Suitable savoury snack ideas:***
 - High protein, high calorie soup (see recipe)
 - Smooth hummus
 - Smooth meat patè
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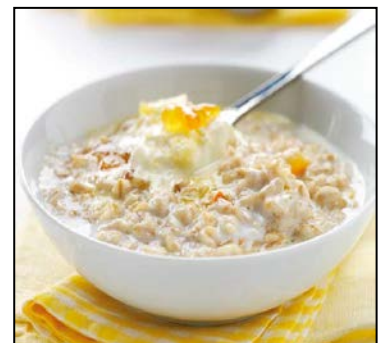
Add extra nourishment to your food

- Increase the amount of energy and protein in the foods you eat.
- To ***sweet foods*** add:
 - Butter, Cream
 - Sugar, Jam, Honey, Syrup

E.g. Fruits, Breakfast cereal, Yoghurts, Milky puddings

- To ***savoury foods*** add:
 - Butter, Cream
 - Cheese,
 - Peanut butter
 - Hummus

E.g. Mashed potato, Vegetables, Soups, Sauces, Scrambled egg



Choose nourishing drinks

- Fluid is important, but avoid filling up on water, tea or coffee as these have very little nutritional value.
- Try to meet your fluid requirements with nourishing drinks such as:
 - Milk
 - Yoghurt-style drinks (e.g. *Yop*, *Yazoo*, *Yoplait Everybody*)
 - Milkshakes
 - Hot chocolate
 - Ovaltine
- Fortify milk (see recipe) and use in cooking, on cereal and in the preparation of milky drinks.



Take nutritional supplements* if necessary

- If you are eating less than normal or if you have lost a significant amount of weight, your Dietitian may recommend you take a protein and energy-rich nutritional supplement to help meet your nutritional requirements.
- Many different varieties of supplements are available:
 - Milk-based - *Fortisip*, *Ensure Plus*, *Fresubin*
 - Milkshake style - *Skandishake*, *Enshake*, *Build-up shake*
 - Juice-based - *Fortijuice*, *Ensure Plus Juice*, *Provide Extra*
 - Pudding style - *Forticreme*, *Ensure Plus crème*, *Fresubin crème*
 - Soup-style - *Build-up soup*, *Complan*, *Fortisip savoury multifibre*

Your Dietitian has advised you to take:

Sample Menu

Breakfast:

- Pureed Porridge/ Weetabix/ Readybrek made on hot milk with sugar and cream
- Banana mashed with cream/ milk to a smooth consistency
- Fruit Juice

Mid-morning:

- Yoghurt
- Nourishing drink

Lunch:

- Pureed meat/Pureed scrambled egg/ Pureed baked beans
- Pureed rice/ Pureed pasta/ Smooth, mashed potato
- Milk
- Chocolate pudding or milk pudding

Mid-afternoon:

- High protein, high calorie soup
- Nourishing drink

Dinner:

- Pureed meat/ Pureed chicken/ Pureed fish
- Pureed rice/ Pureed pasta/ Mashed potato
- Pureed vegetables
- Milk*
- Pureed fruit with custard

Supper:

- Hot chocolate (made with fortified milk) / Mousse/ Supplement

Notes:

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Recipe Ideas

Fortified Milk

- Add 4 tablespoons of milk powder e.g. *Dawn* or *Marvel* to 1 pint of milk.
- This milk can then be used to make soups, sauces or nourishing desserts.

High Protein, High Calorie Soup

- Strain fresh, tinned or packet soup made on milk
- Add 2 dessertspoons of milk powder,
- Add grated cheese, cream or humus.
- Add potato to thicken to a smooth, paste consistency.



Fruit Puree Dessert

½ cup of strained, pureed fruit

2 tbsp cream/yoghurt

- Mix contents together with fruit juice to required consistency and serve cold

Fruit Smoothie (Serves 1)

1 banana or ½ cup canned fruit

1 tbsp cream milk powder or cream

1 scoop ice-cream

1/3 pint (200ml) fortified milk

- Blend all ingredients together until smooth. Serve chilled.



Milk pudding

1tblsp dry semolina/ ground rice

1/3 pint (200ml) fortified milk

2 tsp of milk powder/natural *Complan*

- Cook semolina or rice in milk.
- Add milk powder or *Complan* when cooled.



Alternatively, add 2 dessertspoons of milk powder or Complan to tinned semolina, tapioca or custard and puree in a liquidiser before heating.

To prevent Constipation

- Use fruit juice or fruit squash or fruit smoothies or liquidised fruit
- Try to include vegetables and or pulses every day e.g. pureed baked beans or vegetables,
- Ensure you take enough fluids

Oral Hygiene

- It is extremely important to keep all areas inside your mouth clean after surgery.
- You should brush your teeth with a small, soft children's toothbrush and rinse your mouth with Corsodyl mouthwash after eating.
- Since you will be most likely be eating 5-6 times per day you will need to clean your teeth and rinse your mouth with mouthwash at each of these intervals.
- Please note you may notice some staining around the sediment this is normal.
- Your nurse or doctor will advise on how to clean you mouth post surgery.

Multivitamin

- A multivitamin/mineral supplement is recommended pre and post surgery to aid wound healing and help meet your micronutrient requirements until your dietary intake has returned to normal.

How and where do I get my nutritional supplements

- You will need a prescription before discharge from hospital from your doctor for the nutritional supplements recommended by your dietitian.
- Please ensure you have one of the following cards pre-surgery.
- If you have **Medical Card (GMS Card)** or a **Drug Payment Scheme (DPS) card** or a **Long-term illness (LTI) card**, your nutritional supplements are available from you pharmacy without cost.

NOTES

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