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Recovery Food List

Patients who are well prepared for their surgery usually have a smoother recovery. We advise you to plan ahead and buy some soft foods prior to surgery.

The following are examples of soft foods:

- Hearty Soups (cream of asparagus, lentil, minestrone, split pea)
- Juice (cranberry, apple, grape) avoid citrus juice for a few days
- Herbal Tea
- Jell-O
- Yogurt (soft or frozen)
- Cottage Cheese
- Pudding/Custard
- Soft Fruit (banana, papaya, berries, canned peaches, or pears)
- Applesauce
- Popsicles
- Ice Cream & Milkshakes
- Fresh Cooked Vegetables
- Fruit Smoothies/Protein Shakes
- Oatmeal/Cream of Wheat
- Eggs (scrambled, soft boiled, omelet's, egg salad)
- Mashed Potatoes
- Rice, Risotto
- Tofu
- Pasta (plain or with sauce)
- Fish (soft white fish, sole, trout, snapper)

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

- Spicy Foods
- Foods that are difficult to chew (steak, sandwiches, etc.)
- Popcorn & Chips (avoid for 1 month)
- 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;
Rent a few movies (comedies) and have a relaxing recovery!**