

Help yourself to eat well after jaw surgery

This booklet provides information about changing the consistency of food for people who are unable to chew properly following jaw surgery.

This booklet was given to you by:

Name:

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Introduction

After jaw surgery it may take a while to be able to eat and drink normally again. You will probably begin on liquids only, and gradually progress onto pureed or soft foods, before returning to solid foods.

During the first few days after surgery you may not be able to chew at all so it is important to drink plenty of nourishing fluids, through a straw if necessary. If your jaw is wired together you will need to stay on liquids until the wires are removed. Your surgeon should be able to tell you how long you need to remain on a liquid diet.

When you are able to open and close your mouth more freely you can begin to introduce some soft foods. If necessary, you could use a food blender or processor to puree your food. Foods should be cooked until tender and placed into a bowl or food processor with suitable liquid e.g. sauce, gravy or milk, and processed to a smooth thick paste.

As you begin chewing again, foods can be chopped, minced or mashed to suit your needs. It often helps to add sauce or gravy to make foods moist which makes swallowing easier.

It is still important that you eat a well balanced diet. This booklet suggests drinks, meals and snacks you could try.

Liquid diet

- **Aim for 2-3 nourishing drinks at each meal time, plus extra drinks in between. Avoid fizzy drinks.**
- **You may find it easier to drink through a straw.**

Full cream milk & milky drinks

- Make fortified milk by adding 5 heaped tablespoons of milk powder to 1 pint of full cream milk and use this to make milkshakes and hot milky drinks.
- Try making malted drinks or hot chocolate.
- Milky coffee (try adding extra sugar or cream).

Milkshakes

- Blend fruit or milkshake powder/syrup with fortified milk to make a smoothie.
- Use milkshake powder or syrup with fortified milk to make a milkshake.
- For extra energy add cream or ice cream.

Soups

- Try tins of creamed soups, instant soups made up with milk, or smooth, condensed soups diluted with milk.
- Try pureeing home-made soups with some cooked meat to improve the flavour and add extra nourishment.

Fruit juice, squash and cordials

- Avoid 'Diet' or 'No Added Sugar' varieties, unless you are diabetic.

Yoghurt

- Use drinking yoghurts or yoghurt diluted with milk.

Nourishing drinks – Recipe ideas

Malted Drink/Hot Chocolate

Calories per serving \pm 450kcal

- 150ml milk
- 1 heaped tablespoon milk powder
- 1 tablespoon malted drink/hot chocolate powder
- 2 tablespoons cream

Milkshake

Calories per serving \pm 300kcal

- 200ml milk
- 2 heaped tablespoons milk powder
- Milkshake syrup or powder

Fruit smoothie

Calories per serving \pm 400kcal

- Blended fruit (e.g. 1 banana and a handful of strawberries)
- 200ml milk
- 2 tablespoons milk powder
- Scoop of ice cream or 2 tablespoons yoghurt

Nourishing Cup-a-Soup

Calories per serving \pm 300kcal

- 200ml milk
- 1 heaped tablespoon milk powder
- 1 packet cup-a-soup

Supplemented drinks

Supplement drinks such as Build Up[®] and Complian[®] are available from most chemists and supermarkets. These are nutritionally balanced milkshake and soup style drinks with added protein, vitamins and minerals.

Build Up Instant Milkshake Drinks

270 kcal

- Flavours: Banana, Chocolate, Strawberry, Vanilla
- Made up with 200ml full cream milk

Build Up Instant Soups

200 kcal

- Flavours: Chicken, Potato & Leek, Tomato, Vegetable
- Made up with 150ml boiling water

Complan Milkshake Drinks

387 kcal

- Flavours: Banana, Chocolate, Strawberry, Vanilla, Neutral
- Made up with 200ml full cream milk

Complan Instant Soups

254 kcal

- Flavours: Chicken, Potato & Leek, Tomato, Vegetable
- Made up with 200ml boiling water

A variety of other products are available on prescription to help you take sufficient nutrition if you need to remain on a liquid diet for a prolonged period. Please ask your doctor or dietitian if you are concerned.

Pureed diet – Meal ideas

Breakfasts or light meals

- Weetabix with full cream milk and sugar or honey.
- Porridge or instant oats made with full cream milk and sugar.
- Smooth full cream yoghurt or fromage frais - try with mashed banana or fruit puree.
- Scrambled egg with grated cheese.

Main Meals

- Thick smooth soups e.g. cream of lentil, vegetable, chicken or tomato.
- Finely minced or pureed meat and gravy.
- Pureed pasta with tomato or cheese sauce.
- Pureed:
 - Cauliflower cheese
 - Beef casserole
 - Hot pot
 - Cottage pie
 - Fish in white sauce
 - Cheese & potato pie
 - Chicken in sauce
 - Corned beef hash
 - Shepherds pie
 - Fish and potato pie

Desserts

- Smooth milk puddings e.g. rice pudding, semolina, custard.
- Soft sponge pureed with custard or cream.
- Pureed, stewed or tinned fruit with custard, cream or evaporated milk.
- Smooth yoghurt, fromage frais, instant whip and mousses.
- Blancmange, fruit fools, crème caramel, milk jelly, jelly, ice cream and sorbet.

Soft diet – Meal ideas

Breakfast

- Weetabix with fortified milk and sugar
 - Porridge made with fortified milk adding sugar, syrup or jam
 - Mashed banana with a creamy yoghurt
 - Scrambled, boiled or poached egg with soft bread
 - Tinned fruit with a creamy yoghurt
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Light meals

- Soft sandwich with soft cheese, egg mayonnaise, pâté
 - Soup with added cream and grated cheese
 - Inside of a jacket potato with baked beans and cheese or tuna mayonnaise
 - Omelette with grated cheese
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Main meals

- Corned beef hash
- Cottage / shepherds pie
- Minced meat with gravy
- Fish in sauce (be careful of bones)
- Pasta-bake with minced meat or chicken
- Casseroles cooked until meat is tender
- Macaroni Cheese
- Risotto
- Curry cooked until meat is tender

Side dishes

- Mashed potato with milk and butter or margarine
- Inside of a jacketed potato
- Vegetables well cooked, mashed with added butter
- Cauliflower cheese
- Ratatouille
- Tinned spaghetti
- Lentil dahl
- Pasta (well cooked)

Soft diet – Nourishing snacks

Sweet

- Milky puddings (rice pudding, tapioca, custard)
- Full cream yoghurts, mousse or fromage frais
- Pureed, well-stewed fruit with custard, evaporated milk or ice cream
- Blancmange, Instant whip, angel delight or milk jelly
- Sponge pudding with custard or cream
- Crème caramel
- Trifle
- Tiramisu

Savoury

- Sandwich made with a soft filling
- Slices of soft bread with dips e.g. soft cheese, houmous, guacamole, taramasalata
- Nourishing Cup-a-Soup (see nourishing drinks recipe)
- Soft cheese

If you are concerned that you are not eating or drinking enough, or if you are losing weight, please contact your doctor or dietitian for further advice.

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