

Dietary Advice After Jaw Surgery



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Nutritional Supplements

Meritene (previously known as Build Up) and Complan are fortified drinks and soups which you can buy from supermarkets and chemists. These may be taken as a drink between meals or as an occasional meal replacement as advised.

If your Doctor or Dietitian think you need a food supplement they will prescribe special nutritional supplements. These can be drinks or puddings which you can take between, or with meals. Such supplements include Fortisip, Fortijuice, Fortisip Yogurt Style and Forticreme.

Problems with Constipation

A fluid diet can be low in fibre. If you do experience a problem with constipation it may be worth considering a laxative. Ask your local pharmacist for advice.

If the symptoms persist please discuss with your Doctor or Dietitian.

Will I lose weight?

Because you are not eating the way you are used to you may lose weight in the 6 weeks after surgery. However, a well balanced and nourishing pureed diet should help prevent this. A low calorie diet will delay your recovery.

If you do begin to lose weight, then try to increase your energy intake by taking additional nutritious drinks, and by fortifying your food.

Food fortification ideas

Milk:

Add 4 heaped tablespoons of dried milk powder to each pint of full cream milk. Keep this in the fridge and use it instead of normal milk to make up milky drinks, packet soups, sauces, custards, etc.

Cereals:

Use with fortified milk to increase energy content.

Soups, gravy and sauces:

Enrich soups and sauces with fortified milk and cream. Adding Marmite and Bovril to gravy can add taste and valuable vitamins.

Potatoes:

Try mashing with fortified milk, cream and cheese.

Desserts:

Have a pudding after meals. You can make packet desserts with fortified milk and extra cream or sugar for energy. Try making jelly with Greek yoghurt or milk instead of water.

Introduction

After jaw surgery or if you have injured your jaw and it has been necessary to attach elastic bands or wires to the teeth to maintain the jaws position, you will need to have a fluid or puree diet. You will need this diet for 4 - 6 weeks to allow the bones to heal.

After jaw surgery or injury, a good diet is important for several reasons:

- to help wound healing
- to reduce complications
- to help you get better sooner.

After an operation you need more of certain foods than normal. However, after jaw surgery there are several factors, which will make this difficult. These are:

- a restricted jaw movement
- swelling, which can cause swallowing difficulties
- pain
- dribbling
- lack of feeling or sensation in the lips and mouth
- an altered ability to taste.

Before the operation

You will need a blender or liquidiser to puree meals. Try experimenting before you come to hospital. You will also need bathroom scales. Make a note of your present weight and check your weight every week after your surgery.

You will probably need some large flexible drinking straws.

Try to eat as well as you can before coming into hospital. Eating a healthy balanced diet including meat, fish, dairy products, breads, cereals and plenty of fruit and vegetables will help your body prepare for the operation. Use the Eatwell Guide diagram on page 6.

After the operation

After your operation you will be given fluid via a 'drip'. Your doctor will tell you when you can start taking small sips of water. You may find that you cannot manage to drink from a cup as you would normally; a straw or large syringe may help. At first it will be difficult to swallow, but this should get better within a few days.

When you can drink fluids easily throughout the day you can try thin soups and milkshake drinks.

You should be careful with hot fluids because due to your surgery you will have less sensation in your mouth and you could burn your tongue or mouth without realising it.

Fluid diet

When beginning a fluid diet we suggest you avoid very acidic juices, such as orange juice for the first few days because they make the operation wound site sore. After that, drink diluted juice and avoid fizzy drinks which are bad for your teeth.

From two weeks after surgery:

Breakfast

- cereals such as porridge or mashed up cornflakes mixed with warm milk
- baked beans
- white bread without crusts

Lunch / Evening meal

- minced meat
- soft pasta with white or cheese sauce
- tinned ravioli and spaghetti Bolognese, already cut up
- mashed avocado
- creamy soups
- rice with finely chopped vegetables and pieces of meat
- soft cooked vegetables, mashed potato

Puddings

- rice pudding
- jelly and custard, mashed banana
- smooth unsweetened yoghurt and fromage frais
- ice-cream, trifle
- soft desserts such as blancmange and mousse
- milkshakes with ice-cream
- yoghurt smoothies

Snacks

- banana (not puree)
- full-fat plain yoghurt
- unsweetened breakfast cereal

Ideas for soft-diet meals

First two weeks after surgery:

Breakfast

- scrambled eggs
- spaghetti hoops
- Ready Brek with warm milk

Lunch / Evening meal

- soft pasta with tomato based sauce or olive oil dressing
- smooth vegetable soups
- mashed potato
- puréed meat (not minced meat)
- flaked boneless fish (not fish fingers or other breaded fish because of the crumb coating)
- puréed vegetables (for example squash, sweet potato, swede, carrot, parsnip)

Puddings

- jelly, puréed fruit
- fruit smoothies, for example banana

Snacks

- banana (not puree)
- full-fat plain yoghurt
- unsweetened breakfast cereal

If you have difficulty coping with a cup, a syringe, straw or a toddler's weaning spoon or toddler's feeding beaker may be useful.

To make foods easier to manage they need to be made into a smooth, almost liquid consistency without any lumps. There are no foods that you must avoid but do not eat anything that needs chewing.

A fluid diet can be less nourishing than a normal diet so you may need to add extra nutrients to fortify your food (see page 10).

How to liquidise foods successfully

Many foods can be made quickly and easily into a liquid or purée by using a liquidiser or blender. Alternatively foods can be sieved, but this takes much longer.

So that foods can be made into a liquid, you may need to add a large quantity of fluid. Use nutritious fluids such as soups, sauces, cream, milk or fruit juice to make foods more fluid.

To improve the taste of meals, soups or puddings try adding flavourings such as:

- Herbs, spices, soy, Worcestershire or ketchup sauces, Marmite, stock cubes etc
- Vanilla essence.

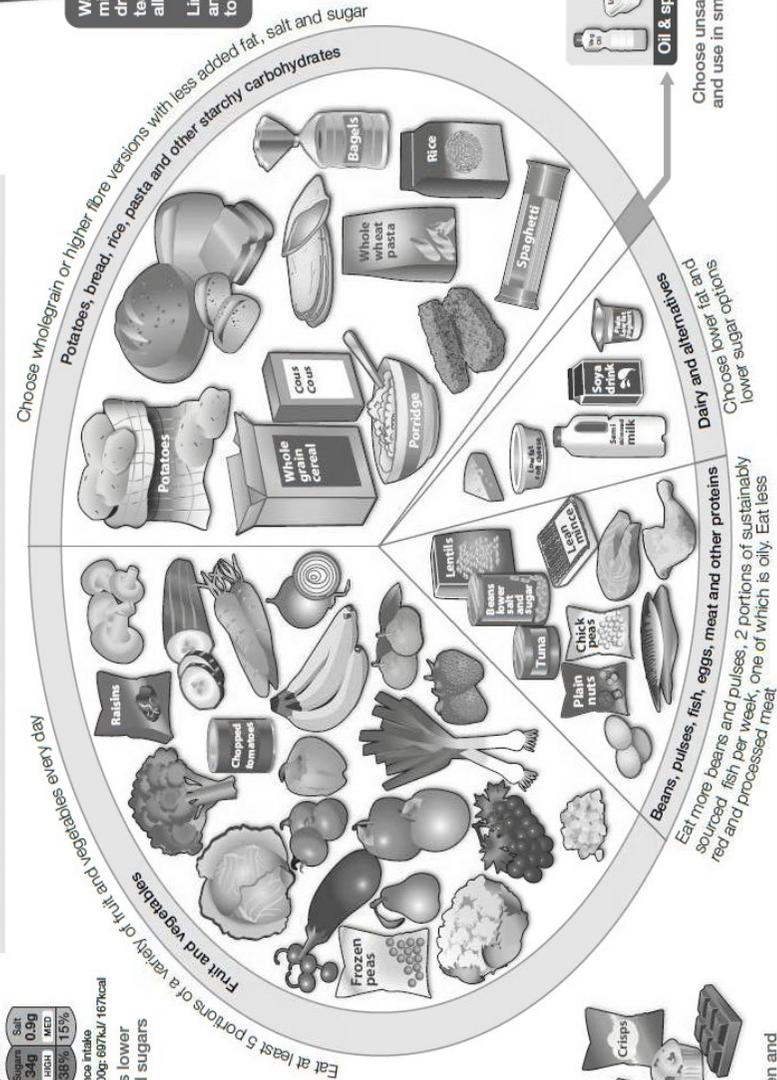
A guide to planning your meals

Try to liquidise a variety of dishes to ensure a well balanced and nourishing intake. Use the Eatwell Guide when planning your meals.

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group

6-8 a day
Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and smoothies to 150ml a day.



Check the label on packaged foods
Each serving (150g) contains

Energy	3.0g	1.3g	34g	0.9g
LOW	LOW	HIGH	MED	LOW
13%	4%	7%	35%	15%

Typical values (as sold) per 100g: 897kJ/167kcal
of an adult's reference intake
Choose foods lower in fat, salt and sugars

Per day 2000kcal
2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency Northern Ireland

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Meat, Fish and alternatives:

For protein and Iron.

Purée well cooked soft boneless fish, minced meats or poultry with sauce or gravy.

Purée well cooked lentils and baked beans and add to soups to enrich them. Minced tofu, Quorn or TVP are suitable options for vegetarians.

Cereals, rice, pasta and potatoes:

For energy, vitamins, minerals and fibre.

Weetabix, milk porridge or Ready Brek can be liquidised with milk.

Instant potato, ground or puréed rice or pasta can be added to soups.

Semolina, tapioca, rice and custard powder can be made with milk into a suitable liquidised dessert.

Fruit and vegetables:

For vitamins, minerals and fibre.

Soft, tinned (in water) or stewed fruits (e.g. apple, banana, pear) can be puréed with unsweetened fruit juice. Soft, well cooked vegetables (e.g. carrots, green beans, broccoli) can be puréed and added to soups. Make sure that no skins, seeds or lumps remain.

Milk and dairy foods:

For protein, calcium and vitamins.

Try to include at least 1 pint of milk daily, preferably full cream or fortified (see page 10). Try drinking yoghurt (e.g. Yop) and homemade yoghurt drinks with meals only.

Add grated cheese or soft cheese to foods where possible.