

POST SURGERY

Diet Plate



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Post-operative diet plate / Post surgery diet plate

- The diet following surgery/operation is designed to allow the time for the body to heal, prevent disruption or obstruction, reduce caloric intake, and help develop appropriate eating habits.
- The post-operative diet plan is divided into four phases: Full Liquid, Pureed, Soft and Regular diet
 - Giving a brief insight of the 4 phases:



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Full liquid diet:

- To be followed for the first 2 weeks after surgery
- Consists of foods that are liquid at room temperature
- Protein supplements to be given orally during this phase
- For eg.- Buttermilk, papaya smoothie, spinach and apple smoothie, chicken broth, vegetable soup , thick dal



Pureed diet:

- To be followed from week 2 to week 4 or as per tolerance
- The foods should have the consistency of a smooth paste or a thick liquid, without any solid pieces of food in the mixture
- Protein supplements to be given orally during this phase
- For eg- Pureed beans, Ripe banana, sweet potato kheer



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Soft diet:

- To be followed from week 4 up to 6 months post-surgery
- Food that is soft in texture, low in fiber and easy to digest is referred to as soft foods
- For eg- Boiled eggs, Curd rice, Idli with sambhar



Regular diet:

- Starting at 6 months after surgery
- There are no major restrictions in the diet (Consult a dietitian for a customized meal plan)
- Add raw fruits and vegetables slowly into the diet
- Eat 5-6 small meals per day
- Ragi porridge, barley khichdi, Sattu protein drink, Tomato uttapam




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Below are some best foods to incorporate in your plate post operatively

- 1) Whole grains such as quinoa, millets, barley, cracked wheat. **Reason-** Good source of complex carbohydrates, B-vitamins and fiber
- 2) Vitamin C rich foods such as Amla, oranges, blueberries, strawberries, grapes. **Reason-** Vitamin C is helpful in rebuilding collagen and soft tissue which will quickly heal the incision
- 3) Dark green leafy vegetables such as fenugreek, spinach, mustard greens. **Reason-** Rich source of vitamin A, C, and E and vitamin K which is essential for blood clotting.
- 4) Healthy fats such as nuts, oilseeds and fish. **Reason-** rich source of omega-3 fatty acids and vitamin E
- 5) Probiotics such as yoghurt, curd, buttermilk, green peas. **Reason-** Helps to fight infections and regulate the system



***Always consult your Doctor/
Dietitian before you initiate
any dietary changes.**

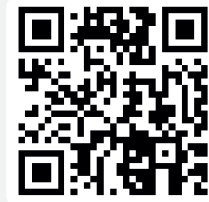
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