

POST-OPERATIVE DIET INSTRUCTIONS



First Day
(cold liquids)

Jell-O
Pudding
Ice Cream
Yogurt
Cottage Cheese
Applesauce
Milkshakes
Fruit Smoothies (no seeds)

Second Day
(warm soft foods)

Mashed Potatoes
Soups
Scrambled Eggs
Pastas
Noodles
Oatmeal
Cream of Wheat