

Post Jaw Surgery Nutrition Guide (or how to keep from starving).

Introduction- The goal is for you to enjoy a variety of foods while you heal from jaw surgery. After surgery your body will need extra calories and protein to heal and recover. Because your jaws will be held together after surgery it will be more challenging to eat. We suggest foods that are high in calories and protein served in a liquid or pureed form. The aim is to provide enough calories, protein, vitamins and minerals to allow for healing and prevent weight loss.

Things you can do before surgery:

Collect the following items:

1. Blender, food mill, or food processor.
2. Sieve (mesh strainer).
3. Storage containers (glass is easier to clean than plastic).
4. Sports bottles (picture)
5. Food

Broth (can be homemade or purchased), Fruit nectars (apricot, pear or prune juice), soups, ingredients for smoothies including: ice cream, whole milk, honey, yogurt, peanut butter, fresh and frozen fruit (bananas, soft fruit and frozen berries), oatmeal, meal replacements (see below).

6. Create a few meals to prepare ahead of surgery.
7. Entertainment- things you enjoy that do not take much effort. Some examples include; movies, books and audio books, video games, and magazines.
8. Other-lip balm, ice packs and hot packs (microwavable).

Start MiraLax or a stool softener (ie. Colace) 1 week prior to surgery. Pain medicine can make you constipated. Keeping on a good bowel regimen will make you feel better after surgery. Six weeks prior to surgery start a complete multivitamin with iron (not gummy vitamins, these don't have iron OR calcium).

Call 323- 361-2441 to make an appointment for **Autologous Blood Donation** (donation of your blood to be used later during surgery). The blood must be collected within 35 days of surgery.

Things you can do after surgery:

Keep well nourished; some of the following suggestions may help:

1. Eat a variety of foods every day to meet your nutritional needs.
2. Snack between meals.
3. Eat soups.
4. Drink 4-8 ounces of water after each meal to clean your mouth and to keep you hydrated. Try to drink 1-2 liters of water daily.

5. Drink prune juice or other fruit nectars like pear or apricot. The juice nectar will give your body the fiber it needs to help your bowels work properly, but fiber is useless without water because it won't dissolve in your body. So, again drink plenty of water.
6. Fill the prescription for pain medicine before you leave the hospital even if you are not currently having discomfort.
7. Fill the prescription for Peridix before leaving the hospital.
8. Keep your lips moist by using lip balm. If your lips become dry and cracked, try not to pull at the dead skin. This will be painful.

General cooking tips:

1. Cook food until it is soft, then puree in a blender, food mill or food processor or mash with a fork.
2. Remove large pieces of food by straining the pureed food through a sieve.
3. To add moisture to thick foods, try adding broth, gravy, creamed soups, or milk.
4. For quick meals try pureed canned soups, and strained baby food.
5. Tips to increase nutrition density.

Add high- protein foods such as skim milk powder, cheese, eggs, and peanut or almond butter to your food and drinks to increase your intake of protein.

Skim milk powder: mix 1cup of powdered milk to 4 cups of whole milk and use in recipes for creamed soup, hot cereal, yogurt, pudding, sauces, hot chocolate, mashed potatoes and pureed foods (this is for cooking not drinking).

Whole Milk or half-and -half: Use instead of water in soups, and hot cereal. Put in milk shakes, puddings, custards, hot chocolate and other drinks.

Creamy peanut butter and other nut butters (almond, cashew, and other nuts and seeds): May be blended into pureed foods and milk shakes.

Wheat germ: add 1-2 table spoons to hot cereal, puddings and shakes.

Other foods that are high in protein: yogurt and cottage cheese made with whole milk, pureed: chicken, turkey, fish, meat, tofu, and refried beans.

(Dorner, Becky, today's dietitian july 2009)

Add calories to your diet by adding foods that are calorie-dense.

Butter, oil, or avocado: add to hot cereals, mashed potatoes, pureed foods, cooked vegetables, and soups.

Mayonnaise: use in pureed egg, tuna or chicken salads.

Peanut butter: see above.

Sour cream: add to mashed potatoes and soups.

Ice cream: Use in milk shakes, mix with meal replacements to add flavor.

Other foods that are high in calories: cream cheese, gravy, honey, jelly, evaporated milk, melted cheese, chocolate milk, creamed pureed vegetables and cheese sauces.

6. Meal replacements are good to have available. Some examples are: Carnation Breakfast Essentials, Ensure, Resource, Slim Fast, Weight Watchers shakes. If you are lactose intolerant choose lactose free milk and look for lactose free products.

Menu planning

Recipes:

Broths and Soups Recipes

Bases: Chicken, Beef, Vegetable Broths, Bouillon, Clear and Creamed soups.

Items to Add In: Cooked vegetables, meat, and cheese

Sample Recipe:

Taco Soup

- 1 can diced tomato
- 1 Tsp butter
- ¼ cup diced onion
- ¼ cup diced green pepper
- 1Tbsp Taco seasoning (or 1 Tsp of cilantro, cumin, garlic powder, and corn starch, plus 2 Tsp chili powder, cayenne pepper to taste)

Directions:

Over low heat, sauté onion and pepper in butter, until onion is translucent. Add tomato, sauté and seasoning to blender. Puree until smooth. Strain, if necessary. Return to pan, simmer, adding water or broth for desired thickness.

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Chicken Stock Recipe & Method

Ingredients

2.5Lbs Chicken bones, back, wings, & feet. *The back, wings and feet provide deeper flavor and more gelatin, but if not available regular chicken bones work nicely.

- 2ea Onions, chopped
- 2ea Celery Stalks, chopped
- 2ea Large Carrot, chopped
- 1Tbsp Whole Black Peppercorns
- 3ea Bay Leaves
- 3ea Sprigs Fresh Parsley, stems only

2ea Sprigs Fresh Thyme
4Qts Water, cold

Method

In a large pot, add enough vegetable oil to coat the bottom, bring to medium-high, add all chicken bones and brown slightly, about 4mins.

Add onions, celery, and carrot and brown slightly, about 3mins.

Add water along with peppercorns, bay leaves, parsley, and thyme.

Turn flame up to high and bring to a quick boil then immediately reduce to a simmer.

Leave pot uncovered and simmer for about 1.5-2hrs until reduced by half to 2 quarts of stock.

Carefully skim the surface should any foam appear.

Strain using a fine mesh strainer.

Stock can be kept refrigerated for 1 week or frozen for about 1 month.

Here is a link to instructions with pictures I have online, but they're not as detailed as this email...

by Juan Carlos Nerio

http://tumblr.co/ZI-x0tfin_Z0

Fruit Smoothie Recipes:

Bases: Bananas, Mangos, Juices Add-ins: Fruits, peanut butter, cocoa, vanilla, yogurt, tofu

Sample recipe: Peach-Apple Smoothie

- 1 Fresh Peach. Peeled and cut into 1'' slices
- 1/3 cup milk
- ¼ cup apple juice concentrate

Directions: Freeze the peach slices for 1-2 hours. Add slices, milk, and apple concentrate to blender. Blend until smooth. Add honey or agave syrup for sweetness.

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Starch Puree Recipes:

Bases: Mashed potatoes, Beans, Cereals (thin oatmeal, cream of wheat, corn flakes)

Ingredients: Sour Cream, butter, cheese, tofu, vegetables, pureed meat, spices.

Sample Recipe: Cauliflower Soup Puree

Ingredients:

- 1 lb cauliflower
- 1 medium Russet Potato, cut into 1'' pieces
- 1 Clove garlic, peeled and crushed
- 1 medium onion
- 2 Tbsp butter
- 4 cups chicken or vegetable broth

Directions: In soup pot, heat butter over low heat. Add onion, garlic, and cauliflower. Stir for 2-3 minutes until onion is translucent. Add the broth and potato. Increase heat to

medium-high. Bring to a boil. Then lower to simmer until cauliflower and potato is soft (~15 mins). Remove from heat and puree in batches. Return to pot, simmer again, adding more broth if necessary. Season with salt and pepper.

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Protein Shake Recipes

Bases: Milks* (cow or soy milk), ice cream, Yogurt, Pudding, Tofu, Carnation Breakfast Essentials, supplement shakes (Ensure).

Sweet add-ins: Add fruit, cocoa, chocolate syrup, vanilla, peanut butter.

Savory add-ins: Add peanut butter, cheese, or cinnamon.

Sample Recipe: Chocolate-Peanut-Banana Shake

Ingredients:

- ½ cup Milk
- 2 Tbsp Peanut Butter** (smooth)
- 2 Tbsp Chocolate syrup, or 1 Tbsp of Chocolate Chips
- 1 Banana- Ripe (can be frozen), cut into 1'' chunks

Directions: Add chocolate syrup or chips to milk (if using chips, heat milk and stir until chips melt and dissolve). Add peanut butter and banana. Blend until smooth. Also can add protein powder.

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* If you are allergic to cow's milk you can use alternate milks; soy, rice or almond milk. However rice and almond milk have less protein.

** If you are allergic to peanut butter you could use almond butter instead.

Shopping list

Broth (can be homemade or purchased)

Fruit nectars (apricot, pear or prune juice),

Soups- canned or ready made.

Ingredients for smoothies including:

ice cream, whole milk, honey, yogurt,

peanut butter, fresh and frozen fruit (bananas, soft fruit and frozen berries), oatmeal

MiraLax

Skim milk powder

Avocado

Creamy peanut butter and other nut butters

Wheat germ

Yogurt and cottage cheese made with whole milk

Meal replacements examples: Carnation Breakfast Essentials, Ensure, Resource, Slim Fast, Weight Watchers shakes. If you are lactose intolerant choose lactose free milk and look for lactose free products.

Edited 8/12/13