

Ayala ENT & Facial Plastic Surgery

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POSTOPERATIVE DIET SUGGESTIONS

- **DRINK PLENTY OF LIQUIDS:** sodas, juices, Kool-aid, decaffeinated tea.
-only drink water in addition to other liquids.
-citrus juices may irritate stomach
- Good nutritious foods on the first 2-3 days are very important in the healing process and will help you feel stronger sooner. Soft foods are best to start with.

SOME SUGGESTIONS:

Baked or mashed potatoes, creamed vegetables, jelly or pudding, apple sauce, bananas, canned fruit or tuna fish, eggs, oatmeal, cream of wheat, warm soups.

- **NO SMOKING** **NO ALCOHOL**
- NO diet foods. NO diet drinks.
-Your body needs the calories for proper healing.
- NO aspirin or aspirin products (Motrin, Nuprin, Advil, Excedrin, Anacin)
- NO salt. No spicy foods.
- NO hot foods (may cause bleeding) Warm is o.k.
- NO heavy or big meals: start small and light and then slowly increase

as tolerated.

Things to avoid for the first 24 hours after **NASAL SURGERY**:

- Straws
- Extreme temperatures: hot may burn mouth due to numbness and may cause more bleeding, swelling, and bruising.
- Cold may cause coughing.
- Dairy foods: milk, cheese, ice-cream cause mucous to thicken.
(Eggs, butter, sour cream are o.k.) (Popsicles are o.k.)

***** ALWAYS ASSIST PATIENTS WHEN WALKING*****