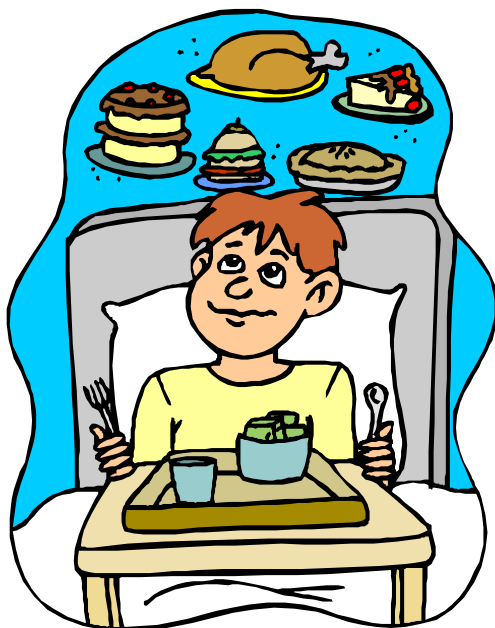


Your Diet With A Wired Jaw

Full Liquid Diet



After surgery on your jaw, your upper and lower teeth will be held together by wires or very strong rubber bands for some time.

If you have large spaces between your teeth, or are missing teeth, you may be able to eat thick, pureed

foods. If you do not, all your food must go through the small spaces between your teeth or at the back of your mouth. Your food will need to be in liquid form, possibly thinned and strained during this initial healing process.

Eating After Surgery.

At first, your lips and cheeks may be swollen and numb. This can make it hard to drink liquids. Eating during the first few days may be very frustrating. But remember, the swelling will go down after several days.

Your first liquids after surgery will be juice, broth, melted gelatin, water and possibly a high protein drink. Many people find pouring from a paper cup works well. First, squeeze the cup to a point. Then, pour the liquid slowly into your mouth.

Also, your nurse may give you a large syringe with a red tube on the end of it.

Pull the liquid through the tube into the syringe. then, place the syringe in the back of your mouth along your teeth. Slowly squeeze the liquid into your mouth.

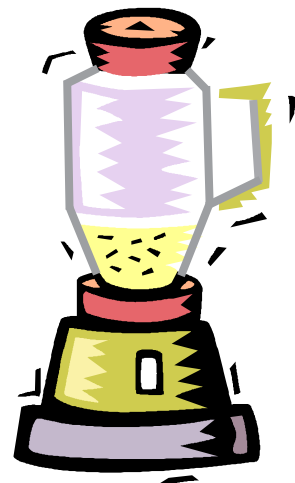
Follow these tips:

- For most people, spoons, straws and glass glasses do not work well.
- You may be very sensitive to hot and cold food temperatures. Liquids at room temperature usually work best.
- Take a small amount of liquids often rather than larger amounts three times a day. You must be able to take enough liquid to maintain your fluid and nutritional status.

What You Can Eat.

Your doctor will gradually let you eat thicker food and drinks. Examples are soups, milk, eggnog, fruit juices and thinner puddings. Use broth or milk to thin any item to the best texture for you.

Foods vary in the kinds and amounts of nutrients they contain. No one food provides all of the nutrients the body needs in a day. Only a variety of food can do that. Planning a food liquid diet can be fun. Anything that can be pureed and strained can usually be liquefied and enjoyed. You can even get that pizza taste if you work on it!





Special Hints.

1. When processing regular foods, put cut-up food into a blender or food processor. Blend until smooth. Add liquids such as broth, water, milk, juice, gravy and cream to thin the mixture.
2. Use seasonings and spices. Check your cookbook for ideas.
3. Add foods to certain dishes for flavor:
 - dry powdered milk in cream soups, puddings and casseroles
 - cheese added to pureed vegetables
 - chopped eggs to sauces and gravies
 - strained meat to plain soups
4. Powdered instant breakfast drinks can be mixed with whole milk for a tasty drink.
5. Cream-style cottage cheese is nutritious. It can easily be blended and mixed with apple-sauce, sour cream, or fruit juice. It can also be

added to melted jellos.

6. Add nutrition to soups with “extras” such as cream, grated cheese, potato flakes or margarine.

7. Regular baby foods are smooth, quick and easy to use with strained cream soups or broths.

8. Eggs can be made many ways. Look at the shells to make sure they are not cracked. Liquid egg substitutes are also easy to use (1/4 cup = 1 egg).

9. Avoid “filling up” on foods that are not very nutritious -- water, broth, tea and coffee.

10. Macaroni and cheese, beef stew, cooked dried beans, tuna fish or ham salad, creamed chicken or turkey salad, and egg salad are soft and seem to blend easily.

Food Group	Foods Allowed	Foods to Avoid
SOUPS	Broth or strained soups, cream soups with pureed meats and vegetables	<i>All except those specifically allowed</i>
CEREALS	Cooked cereals such as cream of rice, cream of wheat, farina and malt-o-meal	
DESSERTS	Custard, gelatin, ice cream, sherbet, pudding, fruit ices, popsicles, plain yogurt	
BEVERAGES	Coffee, hot/iced tea, soft drinks, eggnog, milk shakes, milk, cream, fruit, and vegetable juices, powdered milk drinks	
CONDIMENTS	Salt, sugar, pepper, margarine, creamers, non-dairy creamers	
OTHER	Full liquid supplements	

Sample Menu for Full Liquid Wired Jaw

<u>BREAKFAST</u> • Orange juice • Farina • Gelatin • Milk	<u>SNACK</u> • Instant breakfast drink	<u>LUNCH</u> • Strained cream soup with strained baby meat • Lemonade • Milk	<u>SNACK</u> • Vanilla Ice • Cream	<u>DINNER</u> • Strained cream soup with strained baby meat • Apple juice • Milk	<u>SNACK</u> • Chocolate pudding
------------------------------------------------------------------------------	--------------------------------------------------	----------------------------------------------------------------------------------------------	-------------------------------------------------	--------------------------------------------------------------------------------------------------	--------------------------------------------