

# Transition Diet After Surgery



## Transition Diet After Surgery

It is important to get adequate nutrition after surgery to support your recovery. Good nutrition has been shown to promote better healing, minimise the risk of complications as well as reduce the length of hospital stay.

Have you ever wondered how it is done and what to expect? Here are some tips for you from our dietitians.



## First, gradually introduce easily digestible food to your diet

You may experience difficulty in chewing or swallowing due to dental problems or weakness. Start eating gradually to relieve intestinal or stomach discomfort.

You will be provided food/drink gradually as tolerated as shown below:



**Clear  
Fluid**

Water, Tea, Honey, Clear soup/ broth, Stained fruit juice, Glucose water



**Nourishing  
Fluid**

Milk, Yogurt, Malted drinks, Chocolate drinks, Cream soup, Mushroom soup, Fruit juice without pulp



**Blended/  
Pureed/  
Mashed**

Mashed potatoes, Tau Fu Fa, Custard, Pudding, Minced chicken/ fish, Blended/ Pureed food



**Soft  
Diet**

Porridge, White bread, Soft bun, Soupy noodles, Bite-sized chicken, Soft fish, Soft vegetables, Papaya, Banana



**Normal  
Diet**

Rice, Food with more texture, Chicken/ fish dishes

Nutrition support (e.g. oral nutrition support formula) will be provided if you cannot tolerate it orally.

## Second, prioritise Proteins, Vitamins, and Minerals to aid healing

Proteins play a vital role in your journey to recovery:

- Help in wound healing
- Prevent muscle loss
- Improve immune function

Examples of protein sources include:



**Fish**



**Chicken**



**Egg**



**Dairy Products**



**Nuts and Legumes**



**Soy Products**

## Vitamins and Minerals:

- Aid in the healing process
- Can be obtained by consuming a variety of fruits, vegetables and whole grains



### Third, stay adequately hydrated to support digestion and recovery

- To maintain body fluid balance
- To transport nutrients for recovery and wound healing
- To regulate body temperature and pH
- To flush out toxins from the body
- To prevent dehydration

### Fourth, increase fibre-rich foods slowly to prevent stomach discomfort

Fibre helps to prevent constipation, which often happens after surgery. Increase fibre intake gradually to prevent gas formation and bloating. Remember to drink enough water when you increase your fibre intake. Here are some examples of fibre-rich food sources:



**Fruits**



**Wholegrain products**



**Vegetables**

### Finally, manage portion sizes to prevent discomfort

As you gradually start tolerating your food, the portion size should also change accordingly. Avoid consuming more food than you can to prevent nausea, vomiting and stomach discomfort.

## On Nutrition Matters

### Consult your Dietitians for personalised diet advice

Always bear in mind that each individual's progress is different. Seek guidance from a Dietitian to discuss and work together for better recovery.

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