



Maxillofacial Diet and Oral Hygiene Advice Sheet

Building healthier lives

UHB is a no smoking Trust

Following jaw surgery it may take some time for you to be able to eat and drink normally again. You will probably begin on a liquid diet, before gradually progressing onto a pureed or a soft diet, before returning to solid foods.

During the first few days after your surgery, chewing may be difficult so it is important to drink plenty of nourishing fluids. It may be easier to consume fluids through a straw if necessary at this time. If your jaw is wired together you will need to continue to swallow liquids until the wires are removed. Your surgeon will advise you on how long this will be.

When you are able to move your jaw and mouth more freely you can begin to introduce pureed food into your diet. To puree food, you can use a food blender or food processor. Foods should be cooked until tender and placed into a bowl or food processor with suitable liquid for example; sauces, gravy or milk, and blended until smooth.

As you begin to be able to chew again, a soft diet (where the foods can be broken into small lumps by your tongue and are easily mashed with a fork) may be more suitable. It often helps to add sauce or gravy to these foods making them moist and easier to swallow.

This booklet provides some ideas to help you recover and prevent weight loss.

Following a liquid diet

You should aim for 5–6 nourishing drinks per day, avoiding fizzy drinks where possible. Nourishing drinks provide you with extra energy and protein as well as fluid to keep you hydrated. These may include things like full fat milk, ready-made milkshakes, and over the counter supplement drinks or soups.

Tips on fortifying (strengthening) your drinks

- Use full fat milk for extra calories and protein
- To fortify milk add 4 tablespoons of milk powder to 1 pint of full fat milk and use this to make nourishing drinks such as milky coffee, malted drinks, hot chocolate and milk shakes
- Add a couple of scoops of ice cream or a couple of tablespoons of thick and creamy yoghurts to milkshakes and smoothies
- Add full fat milk or cream to soups or blend tinned/ homemade soups for extra flavour
- Avoid 'No Added Sugar' or 'Diet' drinks unless you are diabetic
- Supplement drinks are available from most supermarkets and chemists. These include Complan or Meritene (available as soups and milkshakes), Nourishment and Nutriment. These contain protein as well as vitamins and minerals, which are needed for a balanced diet

If you are going to be on a liquid diet for a significant period of time, other nutritional supplements are available on prescription. Please discuss this with your Dietitian. Your surgeon should be able to tell you how long you need to remain on a liquid diet.

Following a pureed diet

To puree food you should use a blender/ hand blender or food processor and add some liquid such as full fat milk, gravy or sauces. Food that has been pureed should ideally be smooth with no 'bits'. Check there are no hard pieces, crusts, lumps or skins that have formed during cooking, heating or standing. You may find that eating takes longer than normal so you should aim to have 6 small meals per day.

Some foods are naturally a pureed texture and include other pureed foods such as yoghurts, custards and mousses. These can be used as snacks during the day.

Breakfast meal ideas

- Smooth instant oats made with full cream milk and sugar with added golden syrup or jam
- Wheat biscuit cereal fully softened in hot milk, ensuring no milk separates off
- Smooth full cream yoghurt or fromage frais with fruit puree

Main meal ideas

- Smooth thick soups
- Fish purees with white sauce and mashed potatoes - be aware of fish bones
- Pureed chicken/ meat/vegetarian option in gravy and mashed potatoes
- Pureed cheese and potato pie
- Pureed shepherds/cottage pie with pureed root vegetables such as carrots, parsnips or swede
- Pureed hot pot/casserole
- Pureed lentil curry
- Macaroni/cauliflower cheese pureed with cheese sauce

Desert meal ideas

- Pureed or stewed fruit with ice cream, evaporated milk or custard
- Pureed sponge with custard or cream
- Thick and creamy yoghurts and mousse pots
- Custard, crème caramel, fruit fools and instant whips
- Smooth jelly – this can be made with evaporated milk
- Ice cream/sorbet with flavored sauces e.g. strawberry, chocolate, toffee

Following a soft diet

Foods included in this diet should be soft, contain some moisture, and mash easily with a fork. More importantly they should not require a lot of chewing. It is important to avoid foods that contain bits which are difficult to break down, e.g. gristle, tough meat and hard lumps. It is not necessary to sieve or puree any food. Food should be prepared with a thick sauce, gravy, yogurt or custard.

Breakfast meal ideas

- Cereals with fully absorbed milk such as wheat biscuits, porridge or cornflakes
- Soft bread (avoid crusts) with butter/margarine, jam or honey
- Pancakes with honey or maple syrup
- Yoghurt with fruit compote or honey
- Scrambled eggs or omlette with grated cheese, butter and milk

Main meal ideas

- Lasagne or moussaka with soft well cooked vegetables
- Fish and potato pie
- Poached/ flaked fish with cheese sauce and creamed potatoes
- Lentil curry and rice

- Corned beef hash
- Risotto
- Shepherd's/cottage pie with soft well cooked vegetables
- Minced meat with gravy or bolognaise sauce
- Chicken casserole with soft well cooked vegetables
- Jacket potato (without the skin) with grated cheese, tuna mayonnaise or baked beans

Desert ideas

- Rice pudding, semolina or tapioca (add jam or honey if required)
- Yoghurt, fromage frais, mousse or whipped dessert
- Sponge/moist cake and custard
- Ice cream sorbet or frozen yogurt
- Jelly and trifle
- Egg custard
- Crème caramel
- Stewed/tinned fruit in syrup with custard

Maintaining good oral hygiene

To reduce the risk of infection, it is important that you maintain a high standard of oral hygiene. The following measures are recommended to help you.

Brushing

This should start as soon as possible after surgery and continue after each meal. It is the most effective way to remove the food debris which collects around your teeth and wires or splints if you have them. This will also remove the film of plaque which constantly forms on teeth whether or not food is being ingested.

Brushing should be gentle and methodical in circular movements covering all surfaces of the teeth using fluoride toothpaste and a soft or medium toothbrush with a small head.

After surgery your lips may be swollen or sore, a little petroleum jelly (e.g. Vaseline® or Medique®) may be applied to relieve discomfort.

Interdental cleaning

Small interdental brushes are ideal for cleaning and removing debris from between the teeth and around wires and bars. A small amount of fluoride toothpaste can be applied to the brush.

Mouthwashes

Saline mouthwashes are made up by dissolving a level teaspoonful of salt in a glass of hot water. Once the hot water has cooled, this should be swilled gently around all parts of your mouth after each meal.

Chlorhexidine mouthwash (e.g. Corsodyl® or Superdrug® chlorhexidine) may be prescribed for use in addition to a saline mouthwash. 10mls of this solution should be rinsed gently around your mouth for about 1 minute twice a day.

Fluoride alcohol free mouthwashes can be used once a day, ideally at a different time to tooth brushing. Use 5-10mls to rinse around your mouth for 1 minute. This can be used daily for long periods to help prevent dental decay. You should speak to your dentist/maxillofacial surgeon for more information.

Please use the space below to write down any questions you may have and bring this with you to your next appointment.

.....

.....

.....

.....

.....

.....

.....

.....

.....

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email **patientexperience@uhb.nhs.uk**.

**NUTRITION AND DIETETIC SERVICE
THERAPY DEPARTMENT**
Queen Elizabeth Hospital Birmingham
Mindelsohn Way, Edgbaston
Birmingham B15 2GW
Telephone: 0121 371 2000
